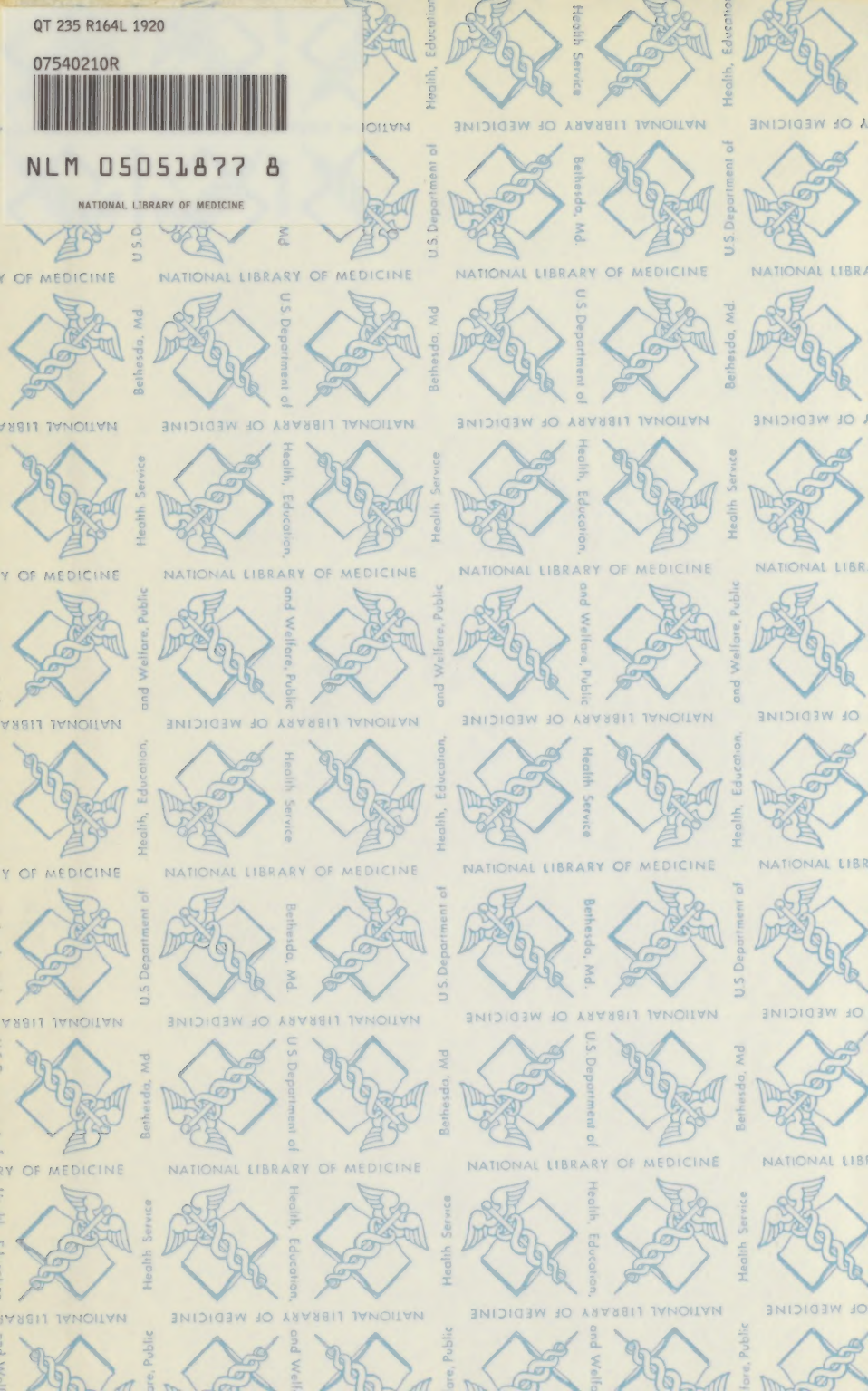


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"THE DEEDS THAT MAKE EARTH BETTER"

DEDICATION TO E. R. E.

The deeds that make earth better are imperishable flowers that grow in the garden of human character. They are beautiful to look upon, and their fragrance reaches the highest courts of heaven. They exhale a glory here, and breathe a welcome there. They raise some part of life to paradise, they bring some part of heaven to earth, and in this union they proclaim their parentage.

CREED OF THE "RALSTONITES"

"WE BELIEVE THAT PERFECT HEALTH OF BODY AND MIND IS THE GREATEST PHYSICAL BLESSING THAT CAN COME INTO ANY HUMAN LIFE."

THE LIFE-BUILDERS

There is a difference between health and life-building.

Health is freedom from sickness or disease; life is the energy of health.

Ralstonites are those who seek health.

LIFE-BUILDERS are Ralstonites who seek LIFE, LONGER LIFE, STRONGER LIFE, MORE LIFE in the BODY, MORE LIFE in the NERVES, MORE LIFE in the MIND; who wish to be FILLED WITH LIFE; who wish to LIVE WELL while they do live; who seek buoyant, vitalized energy that is capable of withstanding any danger or exposure; who are not content with the everyday drudgery and commonplace routine of existence, but wish to so LIVE that, when the great debt of nature must be paid, they can say:

"WE HAVE TASTED THE SWEETS OF LIFE AND HAVE FOUND THIS WORLD A GOOD PLACE IN WHICH TO LIVE."

THIS BOOK IS THE PROPERTY OF

Name

Date of becoming a Ralstonite

Date of becoming a LIFE-BUILDER.....

NOTE:—On the first blank line above write your name in ink as soon as you receive this book, if you intend to keep it for your own use. If you intend it as a present to a friend, do not write anything on this page, as the friend will better appreciate the opportunity for entering the name and dates. * * * You will become a Ralstonite when you are convinced that health is a great blessing. * * * You will become a Life-Builder when you determine to put into practice the teachings of this book.

A BRIEF OUTLINE

1. The Ralston Health Club will soon be forty-four years old.

2. It has achieved a success in its line that has never been paralleled in the history of mankind.

3. It has entered three million homes in all parts of the civilized world.

4. It has administered blessings wherever it has come. It has brought hope to the hopeless; health to the sick; and immunity to the well.

5. Twelve hundred thousand lives have been saved from the grave.

6. Under its magic touch new life has sprung up into the race, children have escaped the dangers common to their age, men have ceased to be weaklings, and women have discovered the avenue of safety from the ills that befall their sex.

7. Ralstonism has included in its following every class that is capable of intelligent appreciation of the greatest blessing of all time,—perfect health. The humblest people and the highest ranks of life are here intermingled. No person is too lowly, none too exalted to enter the Club. Great men and women have honored us by their cordial adoption of our teachings; wealth, power and education are fully represented in our enrollments; yet the greater middle classes are here; and all are welcome.

8. This Club has never advertised. Its rapid increase in membership is due solely to the enthusiasm that every Ralstonite evinces to others. Our members are loyal, true, sincere, and ever alert to preach this gospel of new-found health to others who have need of it.

9. The Ralston Health Club never makes known in public or private, the names of its members. Owing to the prominence of many of its members, it would seem like advertising to boast of its patrons. In nearly forty-four years we have never been guilty of such breach of faith.

10. The question is often asked, What are the duties of those who own this book of the Ralston Health Club? The reply is: Get well and keep well.

A RECORD TO BE PROUD OF

1. A sound nervous system makes a sound mind; for mind and nervous power are partners.

2. In forty-four years of existence, this Club has never had a member, either man or woman, who has been of unsound mind.

3. In all our long period of existence, this Club has never had a suicide. On the other hand, Ralstonism drives away all feelings of depression, discouragement and melancholy. It brings into every life a flood of sunshine, hope, and encouragement that no other power seems able to summon. It makes life worth living.

4. In all our history, no mother has lost her life at maternity; no child has died of sickness where Ralston methods have been adopted; and the best specimens of manhood and womanhood have come up into maturity through the regime that reflects a spirit of higher civilization at work in this system of living.

5. During the long era of our existence as a Club, there have been countless epidemics of disease in all parts of the land, and thousands every year have fallen into premature graves; but there has not been any death among Ralstonites from any epidemic in any part of the world. The very essential principle of Ralstonism is to prepare the body for all dangers, and make it immune from them.

6. We have taught that genuine home life is the foundation of the best national life; and, while all Ralstonites have not been able at first to come into the possession of a home and gardens, countless thousands have done so throughout the world who would not have known the way to attain such blessings. It is a sad thing when age comes on and the only home is a hired tenement or an apartment flat. The old homestead, whether in the country, town or city, is the magnet of happiness in all the years of life from childhood to old age.

7. We have taught men and women how to live, not in vain, so that there shall be no decrepitude in the winter of life, and no loss of the faculties when the snows fall thick around them in the waning years. Many thousands of our members are more than ninety years of age, and have good hearing, good eyesight, clear memories and the full use of their bodies, with a keen enjoyment of living.

GENERAL INTRODUCTION

THE RALSTON HEALTH CLUB was founded in 1876 by seven scientific investigators; and the first meetings were held in laboratories. The early teachings were in lecture-form; afterwards they appeared in manuscripts which were copied by the members; and, finally, by general demand, they were issued in books, the first editions being very small.

The increase of membership was not noteworthy until about twenty-nine years ago when the Third Edition was copyrighted, and two hundred thousand copies were printed. The Fourth Edition was copyrighted in 1892, and for many years there were successive editions, as many as twenty appearing in 1895. Twenty years ago, we had reached the 77th Edition; and fifteen years ago the great 100th Edition was printed.

A RALSTONITE is any person who believes that Perfect Health of Body and Mind is the greatest blessing that can come into the life of any human being. This is the only requirement.

The RALSTON HEALTH CLUB is the name of a book: this book: or any book of this organization. Membership in the Club is merely a term applied to Ralstonites, or those who believe in perfect health. No duties or expenses are involved in ownership, as it is our mission to teach the doctrines of perfect health free from all limitations. Persons who seek active membership, are referred to the final pages of this book.

The RALSTON HEALTH CLUB has nothing to sell; it is not engaged in any commercial enterprise; it prescribes no medicines or other things; it does not use apparatus or recommend same; but arrives at its remarkable results by taking advantage of certain laws of nature that are overlooked by all other systems.

It does not ally itself in any way with other concerns; and the public use of its name by food-factories and other enterprises, is illegal and dishonest; these pilferers of the Club's success assuming that, by attaching the name *Ralston* to their goods, they may deceive the public into believing that they are better than the average of similar goods for sale under other names. Loyal Ralstonites refuse to buy such things, and they take pride in upholding the name of their Club against dishonest uses.

The RALSTON HEALTH CLUB is disliked by food-adulterators because it has for many years taught that criminals who deliberately, even if slowly, kill their fellow beings in order to gain profits in business, are fully as guilty of murder as highwaymen who make short work of their victims; and the time will come when food-adulterators will pay the extreme penalty of capital punishment for their crimes. These adulterations can be easily traced from the factories to the victims, and the increase of sickness and death can be readily shown to be the result of such adulterations. The adulterators now control legislation and public officials; but the people are soon coming to know these facts, and capital punishment will follow murder.

The RALSTON HEALTH CLUB is disliked by patent medicine concerns because it has for years taught that such medicines are loaded with alcohol and deadly habit-forming drugs. Thousands of the best moral people of this land have been made alcoholic victims, or drug-fiends, by the innocent use of advertised medicines. Reputable magazines of the highest order, and some of the clean newspapers who can get along without the advertisements, refuse to admit such announcements in their columns. One great magazine spent large sums for the analysis of such medicines, and exposed the fraudulent claims. Alcohol of the lowest grade is hidden in medicines; and opium, morphine, cocaine, and other habit-enslaving drugs appear in almost all medicines despite the claims to the contrary.

The RALSTON HEALTH CLUB is disliked by a certain class of apparently respectable physicians and surgeons who, when their patients are in need of medical attention, combine to make operations necessary, and share the additional fees; thus turning small cases into sources of large revenues. It is an easy thing for any doctor to half-drug and half-poison an almost well patient into serious illness.

The RALSTON HEALTH CLUB is LIKED by every honest physician who knows of its good works and grand results. In fact, at the present day, there is a growing class of doctors who actually PRESCRIBE this system of Life Building in place of medicines and treatments, and who are building up a new practice marked by integrity on the one hand and phenomenal success on the other. The public knows that a doctor who is an enemy of Ralstonism is dishonest and unsafe to employ.

WHAT IS HEALTH WORTH?

Omitting all references to persons of unbalanced judgment, and looking to those who possess a fairly clear mind, the following summary of opinions on the value of health, obtained by an extensive canvass covering a long period of time, will be found to represent the general drift of public appreciation of this gift to the human race:

One thousand persons between the ages of fifteen and twenty, on being asked their opinion of the value of good health, said that the subject did not interest them, or words to that effect.

Out of one thousand persons between the ages of twenty and thirty, who were asked the same question, the following made replies substantially as stated below:

About 900 declared that it was time enough to think of health when it began to fail.

About sixty said that health was undoubtedly a blessing, and they hoped they would always possess it.

The remaining forty said they had given study to the subject and were trying to adopt careful habits.

Next in the order of our inquiry came another thousand persons, this time between the ages of thirty and forty; and their answers were substantially as follows:

About 350 said that it was time enough to think about sickness when it arrived; that it was bad to think of it before it came, for thinking of a thing often brought it on.

About 250 declared that health was a great blessing, and that sooner or later it would be their duty to give close attention to it.

About 200 said that, if they had started a few years earlier, they would have been able to drive away the chronic conditions that were making their lives miserable.

The remaining number said with much emphasis that it was then too late to find perfect health, as the days of opportunity had passed, and they had refused to give attention to the subject at the time when it would have done the most good.

Now came the thousand people whose ages were between forty and fifty, and they gave replies as follows:

Nearly three hundred of them said that they had never been sick a day in their lives, and that they thought the best way was

to pay no attention to their bodies, as nature knew what she was doing when she made them, and we could not expect to improve on nature; or sentiments along these lines. (As a matter of fact all of the three hundred persons in the above group were medicine-takers or had the "pill habit.")

Less than a hundred persons said they felt in good health, and ascribed their good fortune to careful attention to right methods of living. They told the truth; their health was first-class, and their habits were carefully guarded.

More than six hundred stated that they were out of condition, being troubled with rheumatism, indigestion, poor blood, headaches, or some organic disorder, all brought on by the preceding years of indifference to the requirements of nature.

One thousand persons, whose ages were between fifty and sixty, made the following statements:

About 150 of them boasted of never having been sick and of never having given attention to the health of their bodies; a boast that, on its face, seemed ill-founded.

About fifty declared that, through careful adherence to proper habits, they had been free from sickness; which seemed to be the fact.

The remaining eight hundred were riddled with all manner of discomforts and ailments, and bemoaned their short-sightedness during the earlier years of their lives when they might have laid the foundation of perfect health and did not.

One more thousand were questioned. Their ages were between sixty and seventy. It is an old saying that if a person passes the age of sixty in good health, he stands ten chances to one of reaching seventy if he is reasonably careful in his habits. The answers of this thousand persons were in substance as follows:

Three boasted of never having been sick; thirty-seven claimed not to have been seriously ill at any time; seventy-nine were in good spirits and generally free from ailments that held them down, but admitted that they should have paid attention to their health in the earlier years of life; and 881 declared that they were fools for neglecting so precious a boon as health when it was within their reach years and years before. But of this thousand, all agreed that it was a physical sin, and some said a crime, to allow the time to pass with its golden opportunities unheeded when the ability to control the health was wholly in their power.



FIRST SECTION

ORIGIN OF HUMANITY



HERE was once an Ant that lived on the Atlantic coast. He lived in the sand. His home was made of sand. His world and universe were wholly sand. As he was able to lift and carry a goodly distance a grain of sand, he took upon himself the task of moving all the sand that was lying along the Atlantic coast from the Arctic to the Antarctic regions, averaging some miles in width, many thousands of miles in length, and many feet in depth. In the lifetime of this Ant it was not possible to move enough sand from the great shore-line to affect its shape or appearance in the slightest degree. In fact, a million ants working a million years could not move one-millionth of one square mile of sand; but this Ant did not know that fact; so it worked and it worried all through a desperate existence until death finally relieved it of its delusion.

If Man were able to know more of himself, and his relation to the whole plan of creation, he would smile at his petty worries, and his misguided life-work on this globe; and doubtless would turn about and adjust his existence to the exact conditions that surround him. In order to inspire this new adjustment, we present here a few views of man's relationship to the great universe that overwhelms him:

SHORT STORY OF ASTRONOMY

(The facts set forth in these Short Stories are those taught in schools and colleges at the present day.)

1. This earth seems big, but it is a very small part of the solar system of which our sun is the center.

2. The sun is more than one million miles in diameter, yet it is only a small star in the sky.

3. The stars that shine at night are suns, and each star has its planets, satellites, worlds and family of followers, just as our sun has, thus making a vast universe of orbs throughout the sky.

4. There are supposed to be more than 100,000,000 visible stars, or suns, and twice that number of invisible stars that have ceased to shine, but that move like derelicts through the sky.

5. Beyond the visible stars, it is believed that an endless shore of other stars exists, having no limit in extent, and as numerous as the sands on the beach.

6. The stars, while they seem close together, and crowded in some places, are so far from each other that a missile traveling at the speed of a cannon ball would not pass from one star to another in a million years.

7. The milky way seems filled with stars; yet if our sun of more than a million miles in diameter, were to run wild amid those stars, and pass and re-pass through the whole length of the milky way, it might do so 20,000 times without the slightest risk of colliding with any one of them; so enormous is their distance from each other.

8. Each star in the heavens, as has been stated, is a sun, and is supposed to hold sway over a vast solar system of its own. Each sun is supposed to be born, to develop its attendant worlds, to bring forth people, to mature, grow old, die, become a dead orb; and, after its period of rest, to be born again. This is the history of our solar system.

9. This enormous era of unfolding requires hundreds of millions of years; yet the greatest of modern astronomers says that it is but a single throb in the heart-beat of the universe.

10. Our solar system is so small compared with the whole universe, that it is but a grain of sand in the sky. Our earth is so small that no telescope, placed on the nearest star, could be made large

enough to discover it. Man is so small compared with the solar system, that he is not even as large as a grain of sand.

11. The span of the longest human life is so short compared with the single throb of the heart-beat of the universe that it is not equal to a second of time; yet man thinks he is an important being and goes about his tasks, some trifling and some gigantic, with the same air of worry and effort that is displayed by the ant in its life work of carrying away the sand from the Atlantic coast.

SHORT STORY OF GEOLOGY

(The facts set forth in these Short Stories are those taught in schools and colleges of the present day.)

1. This earth, which is not as large as a tiny bit of dust compared with the universe, seems immensely big to man.

2. It is heavy, and is composed of much material that is heavy. How this material got in this part of the sky, and whence its source, is not explained by geology. This heavy material undoubtedly came a long way, and was conveyed by some method that we do not understand.

3. The earth was once burning hot; then it cooled on the outer surface. While it was hot, its air and gases were dancing high above it; but after it cooled, there remained only air and watery mists in a free state, and they were controlled by that most wonderful of all laws, gravity.

4. This earth was then a ball of rock; but the rock contained, in very small proportions, other things that were to play an important part later on.

5. The wonderful law of gravity raised the watery mists high above the air to an elevation where the colder currents chilled them and they fell in the form of rain. There were no oceans, no ponds, no lakes, no rivers; nothing but solid rock and air and mists.

6. The rains fell constantly, night and day, week after week, month after month, year after year, and century after century; probably for more than a million years without ceasing. The falling rains beat upon the rock-surface and pulverized it into sand. The earth cooled still more, and the fallen waters sank

into the low parts of the earth, which had become wrinkled and ribbed with its contracting, making hills, mountains, valleys, river-beds and ocean depressions. All these effects still exist and can be easily seen.

7. When this globe was divided into land and water, the mists that hung over it had partly cleared away and the sun looked for the first time upon our planet. The warmth from above joined with the warmth that still remained in the earth, and prepared the way for other conditions that were to follow.

8. Violent storms occurred from time to time; mountains that had been thrown up by the wrinkling of the earth's surface as it cooled, were subjected to millions of years of washings from the big rains, and the sand flowed down to the lower lands, each year making a layer that has never been effaced. By counting these layers, geology is able to form an estimate of the vast length of time involved in the process of making soil in which things might grow for the coming of man.

9. The sand and the water made mud at the bottom of lakes and oceans. When sufficient mud and muck had been so created, the heated earth writhed as in agony, the mountains fell into the seas, and the great beds at the bottom of the lakes and oceans rose up and became dry land. Our own United States was once the floor of a mighty ocean. The North Pole was once at France. Any student of geology knows these facts as the first steps of his study.

10. Even if this earth is smaller than a grain of sand compared with the universe, it is important enough to be made the special care of a providence that is all-wise, all-powerful and all-loving. Nothing has happened by chance. There is purpose in everything, and this purpose was at work a thousand million years ago. You, who read these words were in the mind of that purpose then.

SHORT STORY OF BIOLOGY

(The facts set forth in these Short Stories are those taught in the schools and colleges of the present day.)

1. In a general sense the earth was a ball of solid rock; assuming that rock may contain many things in its composition. When

this rock was subjected to the heavy rains and turned partly into sand and mud, the contents of the rock were set free and flowed in the water until it found a resting place in the soil.

2. The air carried in itself a special element known now as oxygen, that was destined to become the chief actor in the making of life. It also carried another element, known now as hydrogen, which, when brought into a certain relationship with oxygen, became water. A third element was carried in the air, and this was known as nitrogen. This was decreed to become the thread and texture of all living things, both animal and vegetable. These three elements, Oxygen, Hydrogen, Nitrogen, were contained in the air that hovered over the earth in the million years prior to the formation of water. Thus the air gave to life three out of the four elements.

3. The earth yielded one element only of the Great Four. It was Carbon. These elements, the Great Four, Oxygen, Hydrogen, Nitrogen, Carbon, are the basis of all life whether of plant or animal. Keep in mind the fact that three of them were free agents in the air; that two of them, Oxygen and Nitrogen, are now free agents in the air; and that two of them, Oxygen and Hydrogen, are now free agents in the water. Thus Oxygen is in both air and water, and in other conditions also.

4. In the making of any kind of life, air and water hold three-fourths of the composition. Air and water are allowed the greatest freedom possible. They are hunting for Carbon.

5. It has been said by eminent scholars that, if this world as it exists today were to be burned to a crisp, and all the seeds and germs of life were to be destroyed by a blistering heat a thousand times hotter than has ever been known, there would come a time when it would cool off, when its air and water would again take form, and begin their hunt for Carbon. It has been aptly said that the lava from a volcano is capable of giving birth to the human race.

6. The one stupendous fact is this: Wherever the Great Four meet, there life will be created. In plain words, where Oxygen, Nitrogen, Hydrogen and Carbon meet, there life will follow.

7. If you will take some carbon, some nitrogen, some hydrogen and some oxygen, and bring them together; then give them warmth and sunlight; you will start life. Leave the mixture in the air, and the life started in it will soon make life-cells.

SHORT STORY OF PHILOSOPHY

1. The philosopher is the man or woman who sees the facts that surround life, and who takes advantage of the knowledge they impart.

2. In the first place, the philosopher knows that the human body, mind and all, comes from the matter that exists in this earth and in the solar system. That which is physical in the body is made up from the soil beneath our feet. Humanity is actually made of dust. After death the body returns to dust; it is merely a question of time when it will be pulverized completely and return to the very same conditions from which it was drawn.

3. The nervous system is built by the energy from the sun. The latter is a vast electrical and nervous engine.

4. The mind is a part of the purpose and creative power that controls the whole universe. In humanity it is now in process of being developed; but, at the present day, although much improved over the centuries of the past, it is yet crude and defective and far from being perfect.

5. Thus the human body is made up of the earth, the sun, and the supreme power that holds sway over all existence.

6. As the true philosopher is the one who takes advantage of the facts that are most potent in life, it must follow that the most important step in existence is the building of the human body from the materials that are required to make it perfect.

7. The human body may be made perfect in its physical life by being supplied with the materials that it requires; while, on the other hand, the prevailing methods of feeding it with materials that are foreign to it, must of necessity weaken, irritate and sicken it.

8. As the sun is the source of all nervous and electrical vitality that the body needs, there is the same reason for feeding this supply with as much intelligence as is shown by experts who raise flowers; only the human vitality requires human methods. But the principle is that there should be as much intelligence shown in the one case as in the other.

9. The mind of man has risen one notch higher in the past century; and has been rising out of the blackest past in which bloody orgies and cruel rites marked the limit of development. Still another notch must be attained before there can be any real

hope of success in making a perfect body and mind. It is to inspire this improvement that the present book is written.

10. Today human intelligence is so low and so undeveloped that it gives careful attention to the health of horses and dogs, and seeks to prevent rather than be compelled to cure diseases among them; yet ignores such attention to human beings. Florists feed plants with the exact foods they need, and with air and sunshine as required; but human beings are not given one per cent of that care. Much of the food that is fed to the human body is foreign to it; but humanity lacks the mental development to correct this evil, and even does not desire to correct it.

11. The human body consists of a food-cavity, a head, two arms and two legs, all housed in skin framed upon bones. The food-cavity begins at the mouth, bulges at the stomach, and continues for many yards to its end. All the organs of the body are satellites of the food-cavity. This food-cavity, with its many demands for attention, rules the life of every human being.

12. The mouth is the upper end of the food-cavity; and it so far masters the mind that the latter becomes its slave. In the United States alone, five hundred million dollars every month, or six thousand million dollars a year, are spent for things to go into the mouth, that are injurious, useless, wasteful and direct enemies of the mind and body; yet the intellect of humanity is not far enough developed in this era to see this fact, or, seeing it, to act upon it. The high cost of living is the cost of high living, or of wrong living. The man who sits upon the branch of a tree and proceeds to saw off the branch between himself and the tree is of the same order of intelligence as those who complain of the high cost of living. The trusts that force prices up are merely taking advantage of the crude minds of the people.

13. Along the same line of mental weakness is the prevailing custom of letting the health take care of itself. "Do not cross a bridge before you come to it," is the universal motto, and it is accepted with acclaim. This means that it is foolish to prevent sickness, and evidence of an astute mind to let it run its course up to the danger point, then attempt to cure it. The true philosopher reverses this rule and says in bold words, "An ounce of prevention is worth a pound of cure."

14. The locomotive engineer is trained by necessity to become a philosopher. Before he starts on his long trip each day, he

makes sure that the engine is in perfect condition. He does not wait for a breakdown before looking into its needs; if he did, many more lives would be sacrificed than are now lost by accidents. So humanity, in waiting for the body to break down before giving it care, as is the prevailing custom, often delays attention until the fatal malady has seized life, and it is too late. As proof of the difference between preventing and curing disease, statistics show that 500,000 children out of every million die before maturity; and, in Ralstonized homes where prevention rather than cure prevails, not one child in a hundred dies from sickness. In a typhoid epidemic in a city, Ralstonites corrected the causes before they attacked the body, and they all escaped; not one case of typhoid having arisen among them; while, in the same city, the non-Ralstonites were victims of the dread malady.

15. In all countries of high rank, and especially in the United States almost all patent medicines, and many of the so-called harmless or soft drinks, and other things, are dosed with chloral, laudanum, opium, cocaine, morphine, or some product of these drugs, in one form or another, with the purpose of creating the slave-habit which, when once formed, can never be shaken off.

16. The whole vast population of this country buy their groceries and other eatables from day to day, and accept countless adulterations and "doctored" goods without a murmur. Civilization is of so low intelligence that it never interferes with the slow process of murder. Loved ones fall by the wayside, cut down by the scythe of Death, and the mourners charge the loss to Providence rather than to their own stupidity. In the Chemistry Department of the United States Government a placard with the words "BABY KILLERS" was placed over concoctions that had been taken from retail dealers; but, when any of the murderers of children are caught, which is seldom, the courts impose a fine of a few dollars, or less than one per cent. of the profit made out of child-killing, and the administration calls off further prosecution on the plea that it will handicap the business interests of the adulterators and murderers. All the while the people do not care; but continue to bury their dead.



SECOND SECTION

HOW LIFE IS BUILT



WE WILL NOW leave the dry studies that are presented in the preceding pages of this book, and come to the simple facts that the most recent discoveries have brought to light. These will prove interesting, as well as important.

The first American medical scientist to win the Nobel prize of forty thousand dollars, achieved his triumph because of his discovery of the process of life and death within the human body, which process he was able to carry on outside the body in the creation, maintenance and deathless renewal of tissue such as the human body is built of.

For many years, and especially in the last five or six years, many scientific men have been experimenting along the same lines, and the results all tend to one triumph, which is the solving in part of the great riddle of life and death in the body.

Today, in the very year that you are reading this page, life and death activities are being carried on in the great institutes that the multimillionaires of the world have endowed for the purpose.

The knowledge of things is being revolutionized.

We stand on the threshold of a new era.

In entering upon the explanation of the facts which, if applied to your own life, would so change you that you would regard the result as a miracle performed in an age of miraculous progress, we fear that the subject will, to some extent, seem so deep that you will not grasp its meaning.

The question now presents itself: How shall we make this subject clear and interesting? It is the most important subject that you have ever been called upon to consider. But it is so loaded with scientific facts that it may "fly over the heads of our readers."

The hardest thing of all to take an interest in is the life-cell. We have, in preceding pages, shown that you can make such a cell. You may hate the study of chemistry, which makes things by uniting parts and producing something difficult. Some day chemistry will make gold out of dirt, instead of finding it in dirt, as is done today. Sometime in the future, chemistry will make diamonds out of charcoal, as both are different forms of the same thing.

Now you can become an amateur chemist, and you can create life by bringing the "food of life," (oxygen, nitrogen, hydrogen and carbon,) into close touch with each other; and you have before you the life-cell, provided warmth and sunshine reach them, or similar influences affect their union. This was taught you in the "Short Story of Biology," in the early pages of this book.

In the "Short Story of Astronomy," we taught you that the universe is composed of stars that are alive and shine; the number and extent of which may be compared to the sands of the Atlantic coast. You were also taught that, in the universe, scattered broadcast, there were twice as many other stars that were dead, as there were live stars. The dead stars had once lived, but their life had gone out.

Will it weary you if we compare the human body with the universe, and tell you that in your own body there are as many life-cells as there are stars in the sky, or sands upon the beach; and that there are twice as many dead-cells as there are live ones?

In this comparison will be found the ultimate story of health and disease, of life and death.

Every cell has its destiny, and this is given it at birth by the presence of the brain or purpose. The Creator made the material out of which the cells are built, made the law that unites the material into cells, and furnished the mission or destiny that is allotted to each cell. Thus, in the experiments that are to be unfolded in the next few pages, you will find yourself holding direct communication with the Creator.

The mission of the life-cell holds the key of birth, growth and death. This mission can be carried in a cell so small that it can

be seen only by the most powerful microscope. Our sun looks large to us with its diameter of more than a million miles; so the tiny life-cell might look as large as a world to some lesser being.

If you are to know anything of your own existence, and of the fate that stares you in the face, you must learn it by studying the experiments in the next few pages, which, as has been stated, are conversations with the Creator.

In the life-cell is its destiny. If it be the germ of an oak, its mission is to build the oak tree, and the generations of oaks to follow until the line is broken. Do not forget that each life-cell has its destiny, its message given it at birth, for the mission upon which it enters is the directing force of all its growth.

FIRST LAW:—Each Life-cell conveys its purpose to all the cells it creates.

If a cell is told to make a blade of grass, all its generations of growth will make grass; and never start an apple tree or an elephant. In a short time we shall see the power of this law.

One-third of all the stars in the sky are live ones; and two-thirds are dead stars. One-third of the human body is composed of live cells, and two-thirds of dead cells. The functions of the body and the activities of the mind and muscles break down the live cells, and the purpose of food is to supply the material for making new life-cells as fast as the old cells break down. This seems simple enough, but the presence in the body at all times of countless millions of dead cells results in the forming of the most deadly poisons known to nature. From these poisons come sickness, disease and death. These are the poisons that are always seeking to escape, but at the peril of the remaining life in the body. These are the poisons that bring on old age and decrepitude, if not mastered. It is only in this very year that the secret of mastering these poisons has been fully discovered and understood.

The results are marvelous; almost a miracle!

DEAD WHILE YET ALIVE

As has been stated, the human body is composed of one-third living cells, and two-thirds dead cells. The latter were alive at one time, and the former will all die, but not until new cells have been created to keep the system alive. There are two kinds of

death, and two kinds of disease. The death of the whole body may result from injury to one part alone, as the heart or brain; in which case all the parts of the body are alive, but the machinery has stopped, just as a clock may have run down while in perfect order. A man who is shot through the heart is as much alive after he dies as before, except as to the heart; but the life of the body as a whole is ended, unless science, as no doubt it will some day, is able to bring back the action of the heart.

A ball in the brain may end the general life of the body by its shock or injury; but the time is not so very far distant when science will be able to mend the part and start the machine going again; then the world will laugh at the weakness of their ancestors, meaning the people of today and the past.

In order to sustain the whole life of the body, all its parts must be kept in good condition. What is called good condition consists in supplying new material for the parts, each with the kind it needs; and in withdrawing the dead cells before their poisons are allowed to set up disease in the body.

Before the child first saw the light of day, it was supplied with all the needed parts with which to make a perfect human body. Each part was given the power to act under the FIRST LAW, which says that every life-cell conveys its purpose to all the cells it creates. This means that, once a cell has started to make growth in a general body, it will keep up whatever line of work it has begun. Stomach-cells will make only stomach tissue; for tissue is only a mass of cells grown together. Heart-cells will make only heart tissue; lung-cells will make only lungs; kidney cells will make only kidneys; bone-cells will make only bones; muscle-cells will make only muscles; and so on all through the body.

SECOND LAW:—Each part of the body must be supplied with food that contains material exactly like that of which the part is made.

Under the FIRST LAW it is seen that each cell conveys its purpose to all the cells it creates; which means that each part of the body renews itself by force of the impulse that is present in that part alone. This is the reverse of the doctrine that has been taught up to this very year.

As it is now an established fact that each part of the body is a little world in itself, that its renewal is due to its own impulse, and that it repairs its own waste by a system of home rule, or government carried on within itself, the SECOND LAW becomes immensely important, for the exact food or nutrition of which the part is composed, must be supplied to it every day.

It is to be supposed that the general health of the body affected each organ and part; but now it has been proved within the year past, that the reverse is true; that any defective part of the body may affect the general health of the whole. This new law is bound to revolutionize all medical practice, as the experiments to be stated in the coming pages are now revolutionizing all surgical practice.

A bad condition of the brain may ruin the health of some part of the body, just as a defect of the lesser brain is known to bring on diabetes, locomotor ataxia, St. Vitus' dance and similar maladies; and just as a depressing mental condition, as when bad news comes, will stop digestion. Yet, on the other hand, a sick body may remain alive for years, and the mind perform its best work; showing that general ill health does not break down an organ.

These two facts must be fully appreciated, for they open the new road to perfect health.

Acting under these two laws, the greatest scientific investigators of America are today carrying on experiments and have thus far reached the following results:

FIRST EXPERIMENT

Making Life.—In the greatest laboratories of the world, they are taking a single cell and feeding it with blood at a temperature of the human body which is a little less than one hundred degrees. From this food the cell increases its kind, and the health of the increase depends on the quality of the food that is furnished. A cluster of cells no larger than a mustard seed, but looking like a great mass under the glass, is likewise given food, and grows in health or disease according to the quality of the nutrition offered.

Any food that will make good blood will increase the life of this mass; but the kind of food that humanity eats daily will cause it to shrink and wither up. Here we find the story of sickness and death.

SECOND EXPERIMENT.

Making Bones.—A piece of bone from an animal that had recently died, was placed on a microscopic slide and fed with fresh blood. Another piece of the same bone was placed in cold storage and kept for months, and then put on a slide and fed with fresh blood. The warmth was nearly one hundred degrees, and this was maintained steadily. Both pieces of bone selected from the blood the parts needed for making new bone; rejecting all other parts. As live bone is composed of live cells, each being charged with the purpose to make new bone, under the FIRST LAW, and being fed with the proper material under the SECOND LAW, it was a simple matter for them to build new bone structure; and this depended in quality on the kind of bone food that was in the blood.

Many human beings have curvature of the spine because the bones are weak, and their weakness is due to lack of bone material in the daily food. Children have the rickets and other bone diseases from similar causes. No cure of any trouble of this class should ever be attempted until a high grade of bone-making food is secured as a part of the diet.

THIRD EXPERIMENT

Making Skin.—In the same manner as bones were made under the Second Experiment, skin was grown. A piece of live skin was put in cold storage, and another piece placed upon the slide as soon as it had been taken from the body. The purpose in putting one piece in cold storage was to prevent decay, and to ascertain if its life-making power was injured by the lapse of time. Each was fed with blood containing the required kinds of food; one immediately, and the other after months of keeping. Each piece began to grow new skin, when properly fed. They built the pores and layers perfectly, and all the intricate machinery that is involved in perspiration.

FOURTH EXPERIMENT

Making Organs.—Parts of the stomach, the kidney, the liver, the lungs and other organs were placed on separate slides and fed with blood at the proper degree of warmth. The liver-tissue built more liver; the kidney-tissue built kidney; the lung-tissue

built lungs; and so on through all these experiments. In no case did one kind of tissue depart from its mission. Here was seen the greatest work of nature in life. It would have been asserted by almost any scientist five years ago that tissue of any organ or part of the body would, if made to build other tissue, have brought into being nothing more than a general mass of cells; for it was then believed that, outside the body, the tissue would lose its characteristic qualities. To see tissue wholly separated from its place within a living organism, lying on a slide with no connection with any form of life except itself,—to see such tissue working diligently to make more of its special kind under those circumstances was indeed amazing.

FIFTH EXPERIMENT

Making Brains.—The brain is a great nervous center. In the act of thinking, it throbs, and fluids rush over its surface. Each brain-section is a small engine that, like the heart, carries on its action when in use by a vibrating or throbbing motion.

A section of brain was placed in cold storage; and, after months there, it was taken out and fed to blood at body heat. After some delay the piece of brain began to build more of its kind, and increased the size of the piece by a large percentage. No results were obtained to indicate a sensitive condition as would be shown if thought were present; but this is accounted for by the fact that the physical and mental functions of the brain are separated; one is tissue-growth, and the other is the operation of a faculty.

SIXTH EXPERIMENT

Making the Heart Beat.—The most gratifying of all the experiments was that made with pieces of hearts taken from animals just after they had died. Fragments of chicken heart were placed on slides, and fed with warm blood. In a short time these fragments began in great earnest to build more tissue of their kind; and, after a while, they began to contract and expand like whole hearts within living bodies. One fragment was smaller than the other; the former beat and pulsated regularly, but with greater speed than the larger fragment; the former having 120 pulsations to a minute, and the latter 92 pulsations.

One lesson of vital worth is here taught; the heart beats of its own power, independent of any aid from the general body, and its energy and vigor are so great that nothing short of monstrous abuse can stop it. No sensible person should have a weak heart; and only lack of knowledge or judgment can stand in the way of a complete cure of heart weakness.

In the above experiment with the pieces of chicken heart, the pulsation continued for three days; then the tissue seemed to weary, and the smaller fragment dropped in its rate of action to ninety heart-beats a minute, while the larger fragment dropped to forty. Examination showed that, as the new tissue formed, some of the old died and gave out a poison known to doctors as toxin. This poison was removed by a special washing, and new blood was introduced for food, as the heart-material no doubt was about exhausted in the three days of feeding to the tissue-growth. Exactly the same conditions take place in the living body. Old cells break down and become a source of danger by their poison; and the same blood will not always serve as food.

As soon as the fragments were washed and given new food, they again became vigorous; as the doctor in charge at the Institute said, "they were pulsating at a furious rate." While they were beating, they were rapidly growing in size, until the two fragments came together, whereupon they united and became a single organ. The two hearts that had been beating at different rates of speed now assumed a modified rate and pulsated as one heart. Another specimen of heart-fragment lived for 103 days, beating regularly all the time, and was accidentally destroyed.

One peculiar fact connected with these experiments relates to the time that is taken by the pieces of tissues before beginning to grow; the parts that come from very young life starts first; those from middle life later; and those from old life requiring more time. This indicates that, while each organ and part of a living body obeys the message given to it by its Creator to reproduce its kind, the speed or sluggishness of growth follows the tissue even after it leaves the body; and this rule applies to those parts that are laid away for many months in cold storage and then given the opportunity to grow again. Part of a newly-born rabbit, after being kept in cold storage for a year and then placed on a slide and given food, began instantly to take on growth as soon as the degree of warmth was reached. A piece of bone from a very

young pup started quickly; while a piece of bone from an old dog was very long in beginning to make its first growth. To prevent over-size, nature wisely checks the speed of growth in mature bodies; or a person would never stop growing.

SEVENTH EXPERIMENT

Making Cancers.—About forty years ago it began to be suspected that a cancer was nothing but a wrong growth of tissue or flesh; these two words meaning about the same thing. Several reasons in late years have arisen to confirm the former belief. One of the foremost medical experts during the past year has shown conclusively that every cancer is a mass of tissue that has a wrong formation.

Tissue growth is most easily made by experiment, using to start with a piece of flesh or tissue, and feeding the same with pure blood, which means blood composed of the elements that make the body.

When this is fed to live tissue, the latter absorbs it just as a hungry animal absorbs food that it relishes. The tissue goes on growing and adding to its own structure by perfect weaving of flesh.

Now breathe on the blood the thinnest possible mixture of air and TOBACCO SMOKE, and the tissue CURLS UP and weaves an abnormal growth EXACTLY LIKE that found in CANCER.

EIGHTH EXPERIMENT

The Beginning of Death.—Healthy tissue of any kind that is placed on the glass and fed with the proper food in the right degree of warmth, will proceed to build more tissue. After a while it will grow sluggish, and show signs of being weary. If left to itself it will die. But its death will be due to one of two causes: The first cause is the lack of a new supply of food. It will not take all the food before it, for it selects only that part of the nutrition that is capable of building its kind of tissue; and when that portion is eaten, the food that remains is useless. Starvation then ensues. The other cause of death is the effect of the poisons set up by the decay of the old cells as they die. Imagine yourself making a voyage around the world in a vessel in which two-thirds of the passengers were dead.

But we must watch the experiment with healthy tissue, as we see the needs of our own bodies.

When its growth begins to lag, we feed it fresh food, but that alone does not revive it. Instead of feeding it fresh food, we cleanse it with a wash that removes all traces of the poisons, and it revives to some extent. We now adopt both courses: giving it a wash, and changing its food for new, and the old vigor returns at once. The kind of wash is not an exterior one, but a method that reaches the whole interior formation of the mass of tissue growth. A surface wash would do but little good. The very center must be reached.

Omit this removal of the interior poisons, and the tissue will gradually weaken and die; so will a human being, and from the same cause and in the same way.

Fail to change its food supply, and it will slowly fade away and enter the ranks of the dead. So will any person who denies the body its proper food. Feed it with plenty, but pay no attention to the kind of food that is given, and it will by slow degrees, hardly noticeable, take on the conditions of maturing, aging and dying. So will any human being under the same circumstances.

Experiments have recently been made along these lines; life has been allowed to weaken and to show the approach of age, when it has been revived and put back to its youth again; later it has once more been left to grow feeble, and so on back and forth at the will of the experimenter; one case repeating these processes ninety-five times.

The leading scientists of Europe and America now declare that, while the general body of a human being is doomed to die in time, each and every part of that body may be made to live forever if only care and attention can be given it.

NINTH EXPERIMENT

Repairing the Body.—The awarding of the Nobel prize carrying with it the sum of forty thousand dollars in cash, was based largely on the experiments whereby hopeless losses in the living parts of the body, were replaced or repaired, just as a machine, that runs down because of a defective part, is given a new part or the old is made new, and the whole machine becomes useful again.

Prior to this climax, the kidney of one cat had been removed and placed in another cat, whereupon it took on the function perfectly. Veins and arteries also had been transformed from one body to another. Not long ago Dr. Magitot had occasion to remove a diseased eyeball which he put away to keep. Later on another patient who suffered from a scar on the eye that was pronounced incurable, having been caused by severe burning from quicklime, was operated upon and the scar cut out, leaving a part of the cornea of the eyeball missing. A piece was fitted in from the eyeball that had been put away for some such emergency. The piece had been made to grow independently before being so used; and, when it was fitted in the damaged eye it began to grow into it and soon made a perfectly healed and whole eyeball.

The power of a separated part of living matter to unite with other living matter depends on the development of tissue growth on the part so that it is in a condition to effect the union.

TENTH EXPERIMENT.

Building a New Body.—The preceding experiment, the Ninth, deals with the mechanical repair of parts of the body, and is in the realm of surgery. While it is interesting to read about the wonderful work now being done in this way, our chief interest lies in the natural alteration of the parts of the body without resort to surgery.

Living consists in the breaking down of old tissue and the growing of new cells to take its place. Health consists in feeding the body with the exact kinds of food needed; and in the quick removal of the poisons that follow the death of the worn out tissue-cells. Every minute, every second of life, we are dying within the body, and re-building it.

THIRD LAW:—Blood, which is the food of the body, is itself created by the action of its own food-cells on the stomach.

This law, difficult as it seems at first reading, is the basis of all the life in the body. It is the key to health. It holds the secret of every kind of repair in the body through natural means and without the knife of the surgeon. It will forever render unnecessary the use of surgery.

Like produces like. Blood produces blood, and blood-making food alone makes pure blood.

The contents of the blood will depend on the character of the food that is sent to the stomach.

In the year 1913, Professor Pozzi of the Academy of Medicine, announced an experiment that had just been completed with the aid of other scientists in biology, to the effect that all the vital organs of a cat had been removed and placed in a separate receptacle where they were fed with blood-food at the normal warmth of a living cat. The organs were made for many hours to carry on all their work; the lungs breathed, the heart beat, the stomach digested food given it, and the other parts did their work, even the intestines moving in the usual way. The circulation was perfect. The ability to remove the poisons that were generated by the breakdown of the life cells, was necessarily limited; but the principle sought was found, and that was the power to carry on life outside the body in the natural way.

This outside life was increased by careful selection of the character of the blood fed to it; and by releasing, as far as possible, the poisons that were constantly being thrown off from the cells within the parts.

The time is not far distant when it will be possible to remove any vital part of the body, repair it, and put it back, and set it going again. Many things that approach this result have already been accomplished.

In the year 1914 the eminent expert, Dr. A. L. Soresi, in a published report said, among many other things along the same line: "When a person is declared dead it does not mean that all his organs are individually dead. The majority of them, under favorable circumstances, would live indefinitely."

Very recently our attention has been called to twenty-two so-called deaths where relatives of the "deceased" prevented embalming in time to save the lives of loved ones. In each case the life-activities had ceased, but the bodies were in normal health. All these persons are living today, thanks to the efforts of our organization.

The Ralston Health Club is keeping fully abreast of the times and intends to convey to its members all information of newly made discoveries.



THIRD SECTION

BUILDING THE BODY



THREE THINGS are sought by the Ralston Health Club in its efforts to make surgery unnecessary. In the first place, there must be a method whereby the poisons of the dead cells in the body may be drawn off before they set up weakness or disease. In the second place, there must be found the exact foods that are required to sustain perfect life in all the various parts of the system. In the third place, the means of repairing injury already done must be found and applied.

Where damage has already been done to any organ, that organ now is weak, and some form of disease has begun to enter it. The steps that a malady take are often sheathed and hidden until the disease is beyond repair. This is seen in Bright's disease, also in consumption, and often in strain on the arteries of the heart, and sometimes in diabetes; and yet, in the early stages of all these maladies, there is abundant hope of cure. Consumption and diabetes can be overcome in nine cases out of every ten, if the methods of this book are adopted.

There are two kinds of life in the body:

1. The general life of the whole body.
2. The separate lives of the parts within that make up the whole body.

The stopping of one of these parts will bring death to the whole body while, in fact, it should not be regarded as dead, for only one part has stopped its work, and that part should be made to renew it again.

BURIED ALIVE.

It seems a sad thing to lower into the grave a healthy man, woman or child, because some part of the human mechanism has failed to do its work. Acute indigestion claims thousands of victims every year; yet it is nothing more than pressure on the heart of poison-gas from the digestive tract; and in almost every case the stomach and heart are perfectly sound. The strongest and healthiest men, by some carelessness in eating, die in a few minutes after a meal, when there is nothing the matter with them that can be called disease. The heart simply cannot stand the strain from the poisons that arise from improper foods. Babies die of colic in exactly the same way, and their bodies are in perfect condition even after death. Neither nature nor the Creator could make more normal or better organs and parts than are found in such cases; yet the victims, in absolutely perfect health, are put under the sod and there return to nature.

Let us reverse this awful wrong.

Every part of the body is built by cell-growth.

Cell-growth may be weak, slow and poor of quality; or it may be speedy, strong and of the highest quality, in which latter case disease and sickness are impossible, when tissue-growth, which is the same as cell-growth, is sought as a part of the daily habits of life in advance of illness.

Tests and experiments have now established the fact that wounds may be healed in a few minutes, and broken bones united and thoroughly repaired in a few days, by using the new method of tissue growth.

In this connection read page 30 of this book.

HOW GROWTH TAKES PLACE

We have shown in the early pages of this book that every part of the human body is a collection of cells.

Each part of the body, having been started by nature in the developing seed of life, must renew itself. This is a very important law. It is fed by the food that it needs. This food is human blood. The heart pumps the river of blood through the body with great energy, making the whole circuit in a short time, and repeating it from long before birth until the last breath of life.

Human blood, therefore, is the food of each and every part of the body. The same thing that feeds the hair, also feeds the nails, the skin, the heart, and every portion of the system. But the same parts of the blood do not feed all the body. It is like putting together a great temple; all the portions of which are shipped in great trains, from which are taken the parts that are needed in each division of the structure. In the trains is found the material for the foundation, and that is separated and so used; in the same trains is found the material for the walls, and this is separated and so used; in the same trains is found the material for the floors, the material for the frames, the material for the doors, the material for the windows, for the hangings, for the roof, for each and every part; and, when every department of the temple has drawn from the great trains that portion that it needs, the result is the completed structure.

THE ARMY OF LIFE-BUILDERS

The most marvelous of all the powers of the body, is the army of life-building cells that are poured into the stomach by the blood.

In fact, they are poured into the whole length of the digestive tract.

This tract begins at the mouth, bulges at the stomach, continues on to a second stomach, and passes on to its end after many windings. All along its course, if any genuine food is present, or anything that the blood will pick up, the process of digestion goes on; and digestion is merely the formation of blood-cells from the contents of the digestive tract. It only turns food to blood-cells. It takes material in which there may be no cells whatever, and starts cells growing in it, and then takes possession of them for the blood circuit.

If you will put a piece of dry cracker in your mouth and wait a little while, you will find your mouth filled with a juice, but you do not know where that juice came from or how it got there. It is known as saliva. It is merely a mass of living cells all charged with extraordinary power to build new life. If you hurt yourself, the part affected is soon healed if saliva is applied. Nature teaches this fact to animals; the wounded paw is licked and soon becomes well, or the torn side is treated in the same way and danger of blood poisoning quickly passes, for saliva is an excellent antiseptic.

The quality of the saliva depends on the quality of the blood from which it comes. If the blood is pure, the saliva is a quick healing agent, is a powerful antiseptic against dangers from without and ptomain poisoning within, and prepares all food for becoming new blood.

Much has been written and stated in favor of long chewing of food.

Out of more than one hundred thousand experiments made under all conditions, it has been found sufficient to merely chew the food enough to thoroughly mix it with the saliva. If this mixing can be done in a second of time, so that every particle of the food is touched by the saliva, that is long enough. Some persons are able to give the food one turn in the mouth and thereby bring it into contact with the saliva, and so eat rapidly; but it is never wise to swallow any food without first allowing the saliva to touch it. The following rules will help understand this law:

Rule 1.—It is not necessary to chew food very long, if it is chewed thoroughly.

Rule 2.—All solid food should be taken into the mouth in very small lots.

Rule 3.—All solid food should either be chewed or turned over in the mouth until every part of it has been brought into contact with saliva. It is then ready to be swallowed.

Rule 4.—All liquid food should also be turned over in the mouth for the purpose of mixing with the saliva.

Rule 5.—Liquids that are not food drive the saliva back through the glands and prevent its mingling with food in the mouth; therefore no food should be washed down into the stomach by water, tea, coffee, beer, liquor, wine or other non-food liquid, as none of these are foods.

Rule 6.—Milk, cream, soups, broths, simple gravies, and the like, are foods, and may be eaten with solids provided they are kept in the mouth long enough to enable the saliva to mix all through them.

Rule 7.—Food, whether solid or liquid, that is swallowed into the stomach without mixing with the saliva of the mouth, lacks the first essential of digestion, which is freedom from fermentation.

Rule 8.—The powerful antiseptic value of saliva destroys all germs in bad food, and all poisons that arise from ferment. As proof of this law, persons seated at the same table with those who

are killed by ptomain poison from partly spoiled fish or meats, are saved from death by reason of the fact that they salivate their food thoroughly, while the victims are of the class known as "bolt-ers of food," or those who swallow without chewing, or who wash their food down with water, tea, coffee, beer, wine or liquor.

Thousands die every year from ptomain poisoning; and other thousands who eat the same kind of food, but salivate it, are not even made sick.

Rule 9.—The purest food will ferment in the stomach if not first salivated at the mouth.

Children and young babies are tormented with the colic, which is nothing but fermented milk or other food; and many die because of this trouble. Bottles and tubes are scalded carefully in most families, yet the colic continues. Proofs have been furnished that show conclusively that the colic is due to the hasty eating or sucking of the milk, either from the breast or the bottle. In some cases the nipple is allowed to reach to the back of the mouth.

The remedy is the short nipple, compelling the milk to remain in the front of the mouth; added to which is the very close opening, which prevents the rapid flow of the milk. More than ten thousand cases of bad colic habits were corrected the past year by this reform in feeding.

Rule 10.—Gas in the stomach of grown persons, eructations, ferment of food all through the tract, flatulence, "rolling" of the bowels, and similar disturbances are due to the decay of the food after it has been swallowed; and the best food will so decay instead of digesting if it is not salivated; while, on the other hand, salivation at the mouth will make such troubles impossible.

Rule 11.—The drinking of water during meals is a help to digestion if the water is taken in small quantities, and is not mixed with food in the mouth. Mixing with food in the stomach during and after a meal is helpful. Cold water should be taken slowly and sparingly, but as often as desired.

All babies and young children should be given cold water, even ice water if relished, but in sips. It has been proved that small quantities of cold water given to very young babies, if given on the end of a spoon, will relieve them and assist in inducing sleep. This practice has been of the greatest help to tired mothers who formerly were compelled to stay awake nights to comfort crying children. Most babies cry because of thirst.

Rule 12.—Hasty swallowing of good food brings on ferment in the stomach; and hasty swallowing of bad food increases the danger of immediate distress and sickness, sometimes quickly bringing on acute indigestion and death.

Rule 13.—The saliva of the mouth furnishes the first cells of life-builders; and the gastric juice of the stomach furnishes the second set of life-building cells.

Rule 14.—The gastric juice will not flow in abundance to the stomach unless the palate stimulates such action.

There is always some slight flow of gastric juice, but not a normal or healthy flow, unless the palate originates it. The question may be asked, how can the palate which is at the mouth affect the stomach juices? The answer is plain. The digestive tract acts as a whole. There have been many proofs of the fact that the palate really controls the stomach. One of the old theories that was believed by every physician for generations has recently been exploded. It was always supposed that the presence of food in the stomach excited the flow of gastric juice; but this is now known not to be true.

Rule 15.—The contents of the stomach have nothing to do with the flow of gastric juice into that organ.

Food in the stomach will not invite the digestive fluids. Experiments by the thousands have been made to prove this fact, some by direct observation during operations when the interior action of the stomach was seen, and others by indirect but equally effective means. It was formerly believed that the presence of food in the stomach, by touching its walls, would set up the same kind of excitement that food in the mouth does, and would therefore draw forth the juices. But the reverse is true.

Rule 16.—That which pleases or displeases the palate of the mouth will aid or hinder digestion at the stomach.

Some great experiments have been made to prove this rule. The number of stomachs that have been operated upon are in the thousands. The operation seems to be safe at all times, as we have never heard of any result that was not satisfactory, and lives have been saved in this way when there was no other source of help. The Pawlow experiments are briefly stated as follows, although they are now known to all the world:

1. Every effort was made to cause gastric juice to flow into stomachs that had been cut open and exposed to view; the interior

walls were scraped, then they were excited by the action of a feather, then by the introduction of rough sand and finally by putting tempting food within. In every instance the stomach remained dry.

2. Bread placed in the stomach remained for hours unacted upon. The coagulated whites of eggs were undigested. The uncooked whites of eggs passed through the porous walls of the stomach, but this was done by absorption, as no gastric juices appeared. Raw meat, after a long period, started a very slight flow, but not enough to act upon the meat.

3. In order to test the law of digestion, all these foods were left in the stomach, and then an opening was cut into the throat below the place where the swallowing occurs. Through this opening any food that was swallowed was caught and brought out into a pan, so that it did not pass into the stomach.

4. The most dainty and tempting, yet wholesome food, was given into the mouth, and eagerly swallowed, then taken from the gullet, and none of it entered the stomach. This same food was again eaten and swallowed time after time. The eating and swallowing were natural. Not a morsel reached the stomach, yet the gastric juice poured into that organ in enormous quantities.

5. The saliva was collected from the mouth after each act of swallowing; and the gastric juice was collected from the stomach; these were used as insolvents on other food that was not then at hand, and they were found sufficient to digest several large meals.

6. Food that remained in the stomach stagnated there up to the time that the palate was excited. When the palate was excited by the action of pleasing food eagerly swallowed, the stomach, although receiving none of the food, became flooded with gastric juice, and this juice together with the saliva, when taken away to some other scene, had the power to digest food in a plate.

Rule 17.—The eager desire for the food swallowed increases the flow of gastric juice to the stomach and aids its power of digestion.

Rule 18.—Hunger so far aids digestion that the stomach acts easily on foods that ordinarily would cause indigestion.

Rule 19.—Starvation intensifies the eagerness of the stomach for food, and the gastric juices are able to digest things that are absolutely dangerous under other conditions.

In starvation the first touch of food to the mouth and palate results in a flood of saliva, and in an inrush of gastric juice at the

stomach; and the life-cells in both these fluids act quickly and thoroughly, turning almost worthless stuff into food. Grass, wood, leather and weeds have been digested by starving bodies.

The main lesson from Rule 19 is that fasting leads to an appetite, and this custom has been in use for thousands of years. We do not teach fasting except when a person wishes to undertake the course of discarding the old body, and building up a wholly new body; and then it must be done by common sense methods and not at haphazard, for fasting leads to great dangers in after life. The principle, however, is a great one. It brings on semi-starvation, and thus creates an intensely strong and valuable appetite.

Rule 20.—The action of any pleasing matter upon the palate causes gastric juice to flow into an empty stomach.

The walls of the stomach, when empty, sometimes come together. As has been stated, this organ is the only part of the body that will digest itself. It is not true that the stomach will actually destroy its own walls by digesting them; although there are cases where this has partly occurred; but it is true that the walls of the stomach will do each other a great injury, slowly but surely, by the presence of gastric juice in an empty stomach. These walls are nothing but tripe. Put a piece of tripe raw or cooked into the stomach, and, if the gastric juice is invited in, this tripe will be digested like any meat.

Rule 21.—The habit of chewing when the stomach is empty tends to set up a process of digestion which congests the walls of the stomach, and results in weak stomach, and forms of gastritis.

If you chew gum or tobacco or other thing, causing a flow of saliva in the mouth, at the same time you are causing, in the same act, a flood of gastric juice to the stomach. If the latter is empty, then there is nothing digestible but its own walls, and these are acted upon by the powerful solvent fluids in the gastric juice. The walls become inflamed and very red. Their irritation is not healed for some time after. Food will not be well digested by an inflamed stomach.

Rule 22.—The same chewing that will inflame an empty stomach will aid digestion when the stomach contains food.

If you are a gum-chewer and must chew gum, chew it when there is food in your stomach; but never when that organ is empty.

If you must smoke, then do so when there is food in your stomach; for smoking on an empty stomach excites the flow of gastric

juice, that tends to digest the walls of the stomach and to set up inflammation thereby. It is true that the man who is a slave to the pipe or cigar, gets from smoking some aid to digestion.

Rule 23.—When a hearty meal has been eaten it should end with the holding in the mouth of some greatly liked dainty which by exciting the palate, will maintain a constant flow of gastric juice in the stomach.

This Rule has been employed in the cure of indigestion to such an extent that some such thing as a raisin, a piece of candy, a candy-mint, or anything that is greatly enjoyed has been used to stimulate digestion with regularity, and some of the most obstinate cases have yielded in this way. One man who was exceedingly fond of olives, held half an olive in his mouth for an hour after each meal; another a bit of very hard candy; another a piece of flavored chewing gum, which he was ashamed to chew, as he was a judge and presided at court; another a piece of candied ginger.

Rule 24.—Foods that do not please the palate should not be eaten.

The reverse of this rule is not true as we shall see. But it is always true that a person should never eat what is not relished. The only exception is the eating of plain, wholesome food by one who has abused the stomach, and who seeks and craves unfit foods only. Sick stomachs have a depraved taste, and morbid palates demand only morbid foods. Thus an inflamed stomach and disordered liver rebel against milk, which is the most natural of all foods.

Rule 25.—All things that please the palate are not good to be eaten.

While you should seek such foods as are pleasant to eat, you should not eat everything that pleases you. In the first place it is hard to satisfy an inflamed stomach. Until that organ is in good health, you cannot tell exactly what you do like, for there are scores of things that tickle the palate, yet that would kill you if you were to eat them.

Rule 26.—The nearer the body comes to perfect health, the more the stomach and palate will crave simple, plain and wholesome foods.

Rule 27.—If there is an intense craving for anything that is hurtful, the better way is to hold it in the mouth after eating a meal of wholesome food, but avoid swallowing any of it.

A PRIVATE PERSONAL TALK WITH YOU

Having proceeded thus far with this, the most important subject of human existence, let us stop for a while and take our bearings, to ascertain where we have come in our journey.

The Ralston Health Club makes claim to two advantages:

1. It has derived its knowledge through millions of experiments in more than forty years, so that it is able to speak from **FACTS** and not from theories.

2. Its basic principle is its
SUPREME COMMON SENSE.

In this Private Personal Talk with You, we will, in brief form, apply this Basic Principle. Later on we will enlarge upon it.

1. The human body is the sum total of what it eats and assimilates.

2. There can be no sickness or disease of the human body except that which results from what it takes into itself or assimilates. This is an axiom, a self-evident truth.

3. There are **TWO KINDS** of wholesome food:

A.—The **LIFE-BUILDING FOODS.**

B.—The Sustaining Foods.

4. The **LIFE-BUILDING FOODS** are those that

A.—Support a growing body.

B.—Or repair a sick or diseased body.

5. The Sustaining Foods are those that will maintain a body in its present condition, whether sick or well; but will not add to its development, nor repair its maladies.

EXAMPLES are given briefly in this place in order to hold the interest of the reader of this system. But the following are only a few of the applications that may be made of these new and all-important laws of life:

MILK.—Raw milk, free from contamination, is the first, last and most constant life-building food. It keeps alive every human being during the first year of its existence; it is the diet in all diseases; and it is the final food that the system will assimilate in the declining days of old age.

Pasteurized milk is a sustaining food; but not a life-building food. When you heat milk to 140 degrees for the purpose of destroying germs that threaten life, you make it only a sustain-

ing food. Babies that are fed upon it never thrive; and boiled milk undermines their health to a dangerous extent. The reason is that the baby has a growing body and needs life-building foods instead of sustaining foods. On the other hand, it is dangerous to feed it dirty milk, and so pasteurization is necessary. The remedy is the production of clean raw milk.

EGGS.—Raw eggs are the most important life-building food next to raw milk. The two combined make an ideal body-builder. Fresh eggs up to the time when the hens molt, are the best; after that time, cold-storage eggs that were put away clean, are far more wholesome than eggs laid in the late summer, the fall, or early winter when the hens are in the fever of molting; for the eggs contain the fever germs. Many families that own large refrigerators, put away eggs that were laid in the spring and early summer, turn them once a week, and so keep them until the next spring. They are exactly as good as fresh eggs.

When you cook the white of an egg, you at once make it a sustaining food; it ceases to possess the power to build a growing body or repair a diseased one. When you cook the yolk of an egg for a few minutes, or until it is hard, you make it a sustaining food; but when you cook it with the white for an hour, it reverts back to the condition of a life-building food, but of lesser value than if raw. When you fry any part of an egg until it is crisp you change it into one of the most malignant enemies of the human body. Thus eggs have three stages of food importance.

CREAM, uncooked, is the best life-building food known next to raw milk and raw eggs; but when cooked it becomes only a sustaining food.

BUTTERMILK is a perfect life-builder.

BUTTER made from cream that rises on milk is the one fat that may be called the leading life-builder of its class; the milk has never been heated, nor has the cream been so treated.

Now if you make butter from any vegetable or animal fat that is subjected to heat, as is the case with all substitutes, you produce only a sustaining food. The life-building nature has been cooked away.

POTATOES that are fried thin are deadly enemies; those that are fried without being made crisp are sustainers; as are mashed and boiled potatoes.

But if you take a ripe potato, one that is not too young and

soggy, or not too old and waxy, and BAKE it; then eat it with butter and salt, or cream and salt, SKINS and all, you have the best of the life-building foods next after those already referred to. Potatoes do not get old and waxy until they sprout badly, and this condition may be controlled by cold storage methods, or a large refrigerator; so that you ought to have potatoes the year round.

DO YOU KNOW that the baked potato, of course without the skin being eaten, is the FIRST AND ONLY TRUE FOOD on which you can safely wean a baby when the weaning time comes? Nothing takes its place except toasted stale bread and milk which should be used occasionally with the baked potato.

To mothers the knowledge of this one fact alone is worth almost the health of the child.

OAT MEAL that is cooked a brief time only, is nothing but a sustaining food; but cook it three hours steadily, or all night in a fireless cooker, and it becomes, next to the foregoing, the best of all the life-building foods.

HOMINY comes next in value when cooked in the manner stated for oat meal. Then comes whole wheat, cooked likewise.

Beef, lamb and mutton are the life-building meats.

Lettuce, celery and very young cabbage are life-builders.

Asparagus, green beans, young green peas, spinach and boiled onions are also life-builders.

Sweet oranges eaten one hour before breakfast; also grapes, mellow apples, peaches, raspberries, blackberries and dewberries, are all life-builders.

Sugar, honey, raisins, dates and figs are food-fruits, and are life-builders.

Thus in this Private Personal Talk with You we have set forth food enough to provide you with three meals a day for the rest of your natural life. And this is only a start.

If you are wise, in this era of the high cost of living, you will buy only those foods that bring you full value in return for the money you spend for them.

The MOST BARBAROUS SCIENTIFIC assertion ever made in the food line is the claim that you must judge food by the CALORIES it contains. All persons are not alike. What will help one, may hurt another. Even so, there are many foods of

high calories that are a dead burden to some stomachs; for the gastric juice will not act upon them at all.

But the foods described in this Talk are suited to all persons, for they are life-builders.

RESISTANCE

We have just said that all persons are not alike.

In every hundred persons there are a hundred different results when they are exposed to dangers from germs of disease, or dampness, chilling drafts or other harmful conditions. One person catches cold easily, and this passes quickly into pneumonia, ending fatally. Another person, exposed to the same risks, shows no effect whatever. This man, standing in an east wind during a March rain, went home to die; his friend, standing by his side in the same wind, outlived him many years.

It is all contained in the story of resistance.

A child lives in a dirty room, with dust on everything, and eats food that holds on its surface countless billions of germs; and he is healthy, vigorous and full of spirits and energy. Another child, pampered and coddled, is watched constantly, to keep away all dangers; no icy winds blow upon him, the food is sterilized, the milk unusually clean, and every detail of care and protection is developed to one hundred per cent. of perfection; yet he becomes ill, and passes away.

There are many persons who pay no attention to health, and believe their safety is due to their indifference; and on the other hand, there are more who are careful, who watch keenly for impending dangers, who are as clean as it is possible for humanity to make themselves; yet who are weak and sickly; they fall prey to the slightest attack. They sweep their carpets with vacuum cleaners to absorb all dust; they have no dirt on chairs or tables; the food is covered, the windows keep out insects, there are no forms of contamination; yet they cannot escape sickness.

It is all a question of resistance.

In one hundred persons there are one hundred different degrees of resistance to disease; and consequently, as many kinds of results. No two persons are alike, for no two have exactly the same degree of resistance.

Milk comes to the careful family, free from bacteria of a harm-

ful character; but the family are not well. Other milk contains such an excess of bacteria that the authorities would prosecute the dairy men if they had knowledge of it; yet the people who use that milk are in the full flush of health. Why? Because they have devoured their seeming enemies; and this ability to eat bacteria is due to the resistance in their bodies.

Some day science will learn and teach the great fact that there can be no perfect health until there is perfect resistance; and it will shock the world by also teaching what is now known to be the rule, that perfect health is built on that degree of resistance that enables one life to eat other life with impunity.

Nature made her laws, or had them made in spite of herself; they are laws that exist everywhere. The big fish eat those of smaller sizes; the latter eat others still smaller; and so on down to the least of all. Birds eat many kinds of life. Animals depend either on animals or on the vegetable forms of life for sustenance. But live life furnishes the basis of health and vigor.

The air is full of live life. Whatever food you prepare and place on the shelf of your pantry, will soon be absorbing this live life; consisting of countless varieties of bacteria. If you do not eat them, you will lack the mental, nervous and physical power required to make you healthy. But your ability to eat them will depend wholly on the power of resistance of your body. It is now a well-established fact that the stomach will not digest food until it is aided by several varieties of germs of bacteria.

Tabulated food values are useless.

Calories, proteins, carbo-hydrates, percentages of nutrition and similar schemes for arriving at the chemical contents of food are useless.

The whole fight for health is in the cultivation of the power of RESISTANCE to combat the forms of life that swarm everywhere in air and water, in food and drink, by day and by night. Why, do you know that there are germs of three kinds of pneumonia in every breath you inhale; and that tuberculosis floats about you at every turn?

It is all a question of the power of resistance.

This book of LIFE BUILDING is, therefore, a departure from the beaten track of advice and instruction: it is a guide to the development of the one-needed qualification for perfect health: resistance against the attacks of the enemies of life.



FOURTH SECTION

LIFE ENEMIES



EVERYTHING that lives in a physical sense, comes to that change that is known as death, although nothing actually dies. The human body matures and takes on age, in its progress to the end. Despite all the efforts of man, the body sooner or later is dissolved, and its material returns back to earth from which it came.

We have shown in the earlier part of this book that life consists of cells. No matter how complicated may be the organism that is built by the union of the cells, it is always an accumulation of such parts. The hardest bone is merely a mass of cells taking shape. The same is true of every organ, and of each detail of the body.

Every time the blood courses through the system it leaves countless millions of new cells that are employed in maintaining the repair and growth of the body. In the meanwhile the activities of life within the body have caused countless millions of old cells to spend themselves. The new become old in a short time. The result is that the blood soon finds itself confronted by dead cells in all directions.

Rule 28.—Every dead cell is as much a poison for its size, as is every dead carcass.

We bury our dead. If we did not, they would quickly become a menace to all life. From fields of unburied dead in times of war, there arise pestilence and foul diseases. Yet there are at this moment within your body more millions of dead carcasses to the cubic inch than your mind can conceive of; and they are accumulating all the time. Compared with their size, they give forth

the same stench, and the same degree of putrid dangers as those that are rising from the unburied dead on the battle-field. In the latter case, the dead are in the open where there is more freedom and more opportunity for change; while the carcasses within the human body are confined in close places, and their toxins are more active.

Rule 29.—Dead tissue within the body is the first enemy of life.

By tissue is meant the masses of cells that are formed constantly in the process of living. When two or more cells unite, they are called tissue in animal life, and humanity is a part of the animal kingdom. It is necessary that new tissue be formed every minute of the day and night; and it cannot be formed unless the tissue that is already at hand shall break down to make way for it. This breaking down is the natural method by which life is carried on. If you could see your body, as with the all-embracing eye of some powerful instrument strong enough to detect so small a thing as a cell, you would behold every part of yourself dissolving, crumbling to small particles, melting from living tissue to dead cells; and this change would never cease nor even take a minute's rest; nor would any part of the body be exempt from it.

At the same time you would see new cells springing forth from the swift current of the blood and taking the places of those that were breaking down. But you would not see the dead cells passing out. They would be there awaiting means of getting away; and, for every minute they waited, a cloud of vapor would go forth from them, filled with what is called toxin or tissue-poison.

Rule 30.—Nature creates germs to destroy the dead.

If there are unburied bodies on the battle-field, they will become sources of rank poisoning; and thereupon nature will send special germs whose duty it is to eat up the rotting flesh. In some places, birds that are called vultures devour the flesh in a short time; but in most places there are no eaters except the germs known as bacteria.

The same rule holds true in disposing of the dead tissue in the human body. If it cannot be thrown off by the usual processes germs will come in and do the work. But germs, having started to destroy the dead tissue, will not stop there, but will involve the live tissue as well. This is the source of disease.

Rule 31.—Disease is the activity of special germs that are created to destroy dead tissue.

Death, therefore, is merely a change; and destruction comes after death. The man who dies and is buried is not dead except in a general sense; but he will sooner or later become dissolved when the parts of his body shall have been torn asunder, separated from each other, and scattered. Each cell is eaten up by some disease germ.

Rule 32.—For every kind of dead tissue there is a kind of disease germ that nature has created to destroy it.

New diseases are constantly being discovered in the human race. The same fact has astounded orchardists and gardeners; the old experts among them state that they can remember when there were not half as many fruit and flower pests and diseases as there are today. This increase is due to the discovery and development of many new varieties and more sensitive qualities which invite new enemies. Humanity is not confining itself to the simple foods that it once depended upon. The sea-scavengers, such as lobsters, crabs, terrapin, and the like, are but one example of the more general use of different foods from what was employed in the olden times; and dead tissue varies its character with the kind of food that is taken into the body.

FOURTH LAW:—Proper habits of life will prevent the development of poisons within the body.

Rule 33.—The first habit is that which selects true food for the diet.

Rule 34.—The second habit is that which limits the daily quantity of food to the actual needs of the body.

Rule 35.—The third habit is that which carries off the tissue as fast as it breaks down.

Rule 36.—As there can be left in the body no cause for the generating of poison, disease is impossible if the habits are correct.

No matter how much you may expose yourself to the dangers of contagion you will be wholly safe, wholly immune, and there is no power that can bring sickness to you under these circumstances.

FIFTH LAW:—Every disease has two causes.

Rule 37.—The first cause of disease, known as the basis, is the presence in the body of dead tissue, or cells that have broken down and become poisons.

Rule 38.—The second cause of disease is the attack made by special germs that are created to destroy and remove the dead tissue.

When these germs do not perform this duty there is great danger of paralysis; and infant paralysis has its origin right here. Other maladies arise in place of paralysis; such as nervous prostration which is a slow form of paralysis; or other nervous distempers. This means that if you fill your body with dead tissue, and avoid contact with disease through the germs that come to save you if possible, you are likely to suffer from something more horrible.

Rule 39.—Food that is foreign to the needs of the body is the second enemy of life.

Some day, when civilization has risen one notch higher in intelligence, humanity will cease eating things that are not useful in building the body. There are fourteen things needed, not fifteen; yet people eat scores of things that can never become blood. On what principle a man will eat oxalic acid, when the blood rebels against it, is not known except that this is not an era of intelligent civilization. The same criticism applies to many other things that cause misery and suffering, and still are eaten.

SIXTH LAW:—Things that are wholesome in one form may become violent poisons in another form.

People often wonder why one kind of food will hurt them when it is composed of the very best things that nature offers for human food. The answer to the query is found in the basic law that is taught in philosophy, which points out the process whereby all elements were derived from a single form of matter; that what is poison such as arsenic, lead, prussic acid, carbolic acid, and all else, are merely combinations of the same simple and innocent first atom. So elements were made.

But elements, by special arrangement of their proportions, change from good foods to instant poisons. Oxygen is the most needed of all the elements. Carbon is the first great food. The two together are very helpful, unless they unite in the proportion of one-third carbon and two-thirds oxygen, in a chemical sense. They then become humanity's most bitter and relentless foe. This combination is known to chemists as carbon dioxid; and its popular name is carbonic acid gas. It slays its thousands every

year, not only in the ordinary activities of life, but in mines, and other places.

One breath of this violent poison kills. There is no warning, no chance for escape, no cure; the work is done in a second. It appears in many forms. Take as one example the case of two young civil engineers in the city of Washington. They desired to make measurements in a sewer, and, having procured a short ladder, one descended a few steps into the presence of this carbonic gas, and fell dead in the instant. His companion stepped down to save him, and he also fell dead. A third man was about to attempt the rescue of the others when a policeman prevented him and saved him from the same death.

With what eyes of wonderment chemists have looked at the two most valuable parts of human food, oxygen and carbon, and beheld their lurking dangers as they combine in this deadly manner, yet see their benefits to life in other combinations! The same law holds true in countless things that are useful to the health; their usefulness changing to danger when united in different ways.

SEVENTH LAW:—Foods that do not digest together generate a deadly poison in the body.

This is the fatal carbon dioxid that we have just referred to.

Rule 40.—Carbon poison is the third enemy of life.

Rule 41.—While foods that are not salivated at the mouth set up poisoning in the stomach, the greater danger comes from foods that do not digest together after they reach the stomach.

This is undoubtedly the most important of all the rules that have thus far been given in this work. It is, of course, true that the accumulation of dead cells all through the body must of necessity invite some form of disease, and there is generally more opportunity for escape from a fatal termination of an attack. On the other hand, when poison is generated in the stomach, it brings a pressure of the heart that instantly stops its action, snuffing out in a few minutes lives that are wholly free from disease. Three strong, healthy men in one family died in one year from eating meals that contained food that could only be digested at different periods of time, thereby setting up this deadly poison. These attacks come by thousands. In a town of small population we know of eighteen such deaths in three years. Doctors call it acute indigestion. Many escape by a close call.

Rule 42.—Every food has its digestive time.

Rule 43.—The stomach will not begin to act upon a class of food until it has completed the digestion of the class that precedes it in point of digestive time.

This seems like a complicated rule as it is first read, but the meaning is clear. Take for example a meal in which there are rice and chicken. Distress either blind or acute will follow; and, whether felt or not in a direct way, great nervousness and flatulence attend the stomach and organs for hours. Yet if the meal consisted wholly of chicken it would have been digested without trouble; or, if it consisted wholly of rice, the result would have been the same.

While we do not advise it, except as an experiment, a man could sit down to a chicken dinner and eat nothing but chicken, well cooked and seasoned, and never feel distress from it, provided his system were in good condition at the time. Such an experiment has been made quite often.

Under the SEVENTH LAW, the eating of both rice and chicken at the same meal will result in the formation of poison in the stomach. Let us see why. In the first place they do not digest together. Under Rule 43, it is stated that the stomach will not begin to act on one class of food while another is being digested; it will complete one class first. This fact is one of the most important in the whole study of health. It was never known until recently.

It has always been taught that some foods digest easier and more quickly than others; but it was supposed that foods of slow digestion were carried along with foods of quick digestion, both side by side and were acted upon together, the slow class coming out of the stomach at a later period of time. Since surgery and other tests have brought the facts to light, exactly as they exist, it is now known that the gastric juice will act only on the class of food that is most easily digested, and the other class will be compelled to wait. While waiting the danger occurs.

Rule 44.—Foods that remain in the stomach when not acted upon by the gastric juice, quickly generate poison.

Such foods are said to stagnate. They take on this dangerous condition when there is no gastric juice in the stomach, as when the mouth does not salivate food or the palate is not pleased; and this stagnation will occur even when the food is all of one class.

But, assuming that the food is salivated and the palate pleased, the more serious danger arises when two different classes of food are allowed to enter the stomach at the same meal. We have taken the simple case of rice and chicken; although there are hundreds of others that teach the same lesson. Some years ago a man asked us why he always had distress after eating rice with chicken when rice alone, or chicken without rice, never hurt him. The answer was plain. The rice was acted on by the stomach in less than an hour, while the chicken had to wait in the stomach until the rice had passed out. But the stomach carries on quick decay when its contents are not being acted on by the gastric juice. It was like eating chicken that had spoiled before it was swallowed.

Food rots in the stomach.

The only prevention of rotting is digestion; and if digestion is held up there is no other course than to rot; and this means the formation of the deadly carbon poison.

EIGHTH LAW:—All foods belong to some digestive time class.

Rule 45.—The shortest time in which foods may be digested is known as the FIVE MINUTE PERIOD; and the following foods, or their equivalent, are included in the

FIVE MINUTE CLASS

1. White of raw egg; passes into the blood without digestion.
2. Yolk of raw egg.
3. Beef juice.
4. Clear soup, or bouillon.
5. Butter.
6. Sugar.
7. Honey free from comb.
8. Olive oil if strictly pure.

The great advantage of the foods of the FIVE MINUTE CLASS is in the fact that they may be combined with the foods of almost any other class; for they digest so easily that they do not delay materially the action of the stomach on the foods that require more time. They are out of the way before ferment can be started among the others; whereas, in the case of foods of the

longer periods, time enough elapses to set up the poison that destroys the health.

Rule 46.—The second time class of foods is known as those of the ONE HOUR PERIOD; and the following foods are included therein. Owing to their great number, and to assist in finding them, they are presented in alphabetical order.

ONE HOUR CLASS

All the following foods are digested in ONE HOUR or less:

1. Almonds, roasted, and ground into fine meal.
2. Apples, sweet or mild, when perfectly ripe and mellow.
3. Arrowroot well cooked.
4. Asparagus, avoiding the fibrous parts.
5. Barley, well cooked; only the pearl barley is good.
6. Beef; if lean and cooked rare.
7. Beets, if new and tender. Avoid all vegetable fibers.
8. Bread, when not new. The whiter the flour the less value it has.
9. Buttermilk; it digests in twenty minutes or less. It is the best medical food in the world, as it makes new blood quickly and repairs diseased organs.
10. Buttered toast, if buttered just at time of eating.
11. Cake, when old and plain.
12. Celery, either raw or cooked.
13. Cherries, when perfectly ripe, mellow and sweet.
14. Chestnuts, boiled and eaten hot. Cut the shells before boiling.
15. Chicken broth.
16. Chocolate, if absolutely pure, which is rare.
17. Cocoa, if pure.
18. Corn; green corn is meant; but it must be thoroughly chewed.
19. Corn meal; if cooked three hours or more.
20. Corn starch.
21. Crackers of the bready kind; not crisp crackers.
22. Cream.
23. Cream cheese, when home-made by the rule that follows.
24. Dates. Sterilize them by steaming twenty minutes.
25. Double-bake bread; bread sliced, and baked in oven again.
26. Egg yolks; cooked yolks only, either hard or soft.
27. Figs. Sterilize them by steaming twenty minutes.

28. Flour from whole wheat, with bran removed.
29. Hominy; if cooked three hours.
30. Junket; generally twenty minutes or less.
31. Lamb; if young and not cooked hard.
32. Lettuce.
33. Maple sugar and syrup.
34. Macaroni.
35. Milk toast.
36. Milk; condensed, raw, or cooked; the raw being the best.
37. Moss; Iceland, Irish, or sea moss.
38. Old bread, white or whole wheat.
39. Olives.
40. Onions, if boiled.
41. Oysters; raw, or stewed; not fried.
42. Peas; if green, young and tender.
43. Prunes; if well cooked.
44. Potatoes; white; if baked and mealy.
45. Potatoes; white; boiled and mealy.
46. Potatoes; mashed; if made from mealy boiled white kind.
47. Raisins, raw or cooked.
48. Natural rice if cooked so as to be light and feathery. White rice is not half as nutritive as "natural rice."
49. Sago.
50. Spinach in milk or cream.
51. Squash.
52. Tapioca. Avoid pearl tapioca.
53. Vermicelli.

Here are fifty-three different articles or kinds of food that are digested completely by the stomach in one hour or less. Slight variations will change the time of digestibility; as, for instance, if apples are not so mellow that they naturally burst their tiny fruit-cells, they require several hours to be digested, and but a small part of the apple can then be fully acted on by the stomach.

In the case of beets, age makes a great difference, for the fibre in the beet becomes tough.

There is no form of barley now that is useful as food, unless the broth made in Scotland be taken as an example, except what is called pearl barley. That is the starch center of the barley berry, and is very easily digested, and is nutritious, although an unbalanced food like white-bread.

Beef becomes harder to digest in proportion as it is cooked. It is at its best as food when merely heated through by a very hot fire. The outer edge may require four or five hours to digest while the interior will digest in much less than an hour.

Buttermilk is usually digested in less than twenty minutes.

Chocolate is not obtained in a pure state. One test of impurity is to place it in a closed drawer for a day or two; then open the drawer slightly and notice the odor; if it is a bit disagreeable, bitter, or peculiar, the chocolate is "made," and is not natural. Some kinds are built of earth, some of ochre colored with black walnut juice which is a poison, and some of anything that will pass as a close imitation when sweetened. Three hundred samples were sent to us from as many different places and all were rank adulterations. Cocoa is likewise imitated, but not to the extent of chocolate.

Cocoa-shells are pure and make a valuable drink with milk.

Cake can be made in a way that it can be eaten in the place of bread, and be as safe and wholesome.

Dates, figs and raisins possess, pound for pound, twenty times as much meat value as beef or other flesh. In countries where dates, figs and raisins are eaten freely, no meat is desired or required, and there was never a case of appendicitis or stomach trouble; and rheumatism is wholly unknown.

Old bread made from white flour is digested in less than an hour; but new bread requires more time, as it generates carbon poison, and is in fact raised by carbon gas from yeast or baking powder.

Junket is useful only for a very delicate stomach, as is moss; both being easily absorbed in a very short time and yielding but slight food value.

Potatoes that are soggy are hurtful; they should be cooked in a way that will keep them mealy and light. Green skin potatoes are a poison.

Pearl tapioca is made from waxy and old potatoes, and is merely an imitation of tapioca.

More will be said upon food values as we progress.

HOME-MADE CREAM CHEESE

Rule for Making.—We give at this place the rule for making this so-called cheese, as it is important not to separate it from

the time class to which it belongs. * * * ONE QUART OF RICH MILK is left to sour until it forms a whey, and reaches the stage where a portion of it is watery. Put the whey into a pitcher, and set it in a pan of very hot water, and keep on the stove for two hours; the water in the pan being kept as near the boiling point as possible, but not allowed to boil. Boiling, even for a minute, will spoil it. At the end of two hours, place the mass in cheese cloth and drain all water out. Hang it up in a cold place for several hours until thoroughly dry. Remove to a dish, sprinkle salt over the cheese, and toss it about in the dish to mix the salt through it, but do not beat it. If too dry add enough cream to make it the consistency of butter. But it is not good when wet. It should be made light and yet kept solid. Add more salt when using at the table, if desired. If the milk is not rich, add a little cream in the beginning.

Advantages of CREAM CHEESE.

1. It can be used as butter at the cost of only a few cents a pound, and is free from the dangers of butter. The latter is churned from cream, taken from milk, and is never any purer or cleaner than the milk it comes from. Butter carries with it all the germs and disease conditions that are found in milk.

2. Home-made CREAM CHEESE is sterilized for two hours at a heat that kills all possible dangers in the milk, and not great enough to kill the lactic cells that are the most powerful enemies of old age germs in the intestines and digestive system. The effort of scientific men to secure these lactic cells marks the beginning of a new era in longevity.

3. Home-made CREAM CHEESE is a complete food in itself. It can be eaten in any quantity. It is more palatable than butter, and contains but little fat, while butter is almost nothing but fat.

Weak stomachs may not digest it at first.

A FEW CAUTIONS ABOUT THE USE OF ONE HOUR FOODS.

1. While these many foods will digest in one hour or less, it is not true that they will mix well under all conditions.

2. It is a safe general rule that juicy fruits will not mix with any other foods, except milk. Apples, cherries and olives should be eaten a full hour before any other thing enters the stomach;

but baked sweet apples, if very ripe and mellow before they are baked, blend well with milk, and for persons of sedentary habits this combination makes an ideal breakfast every alternate morning. All other juicy fruits should be eaten a full hour before any meal.

3. The food-fruits, like dates, figs and raisins, mix well with all the one hour foods, excepting, in some instances, meats and vegetables.

4. Meats and green vegetables go well together; and this combination is to be preferred. Vegetables and the regular foods, like bread and cereals, do not blend perfectly. Milk goes with everything except meat.

5. Any person suffering from congestion of the stomach or digestive organs will not easily digest milk. Old people, for this reason, believe that milk hurts them; but, as soon as the congestion is removed, the conditions favor the use of milk.

6. The best combinations of the ONE HOUR FOODS are as follows:

Any product of any cereal with any other product of any cereal, as bread, corn meal, hominy, macaroni, pearl barley, arrowroot, coarse tapioca, corn starch, almonds, chestnuts, potatoes, and all starchy foods in the one hour class.

Dates, figs and raisins are best when eaten with any of the foregoing cereal foods, except potatoes.

Asparagus, beets, celery, lettuce, spinach, squash and onions are best when eaten at the same meal with soups, broths and meats; excluding all other foods at the same meal. In summer time, if you wish to keep the blood cool, you may make a meal once a week of the foregoing vegetables alone, omitting the meats. This has been done frequently with great success. As it is an unbalanced diet, it should not be used often, as neuralgia will follow. But cream cheese or meat will give the proper balance for the vegetables.

Eggs, milk and cream cheese go together, with any of the products of the cereals and starchy foods. This combination furnishes the greatest power to the human body, including brain, nerves and muscles; but would be too heavy for sedentary persons.

It is possible for any person to make graded combinations of the ONE HOUR foods, to suit each individual requirement. Do not try them all, if they do not agree with you. Remember that your stomach is more or less congested, and that some things will

not agree with you until you are perfectly well. Study your needs, watch effects, and use intelligence in your food selection.

CAUTION as to FRUITS.—Remember that the best of apples, oranges, bananas and other juice fruits will generally increase the inflammation of a congested system, and set up uric acid poisons in the body. To a person in good health, these fruits would prove a blessing; but they cannot be assimilated by a congested system. NEURALGIA is the first indication that fruits are setting up dangerous conditions. Then RHEUMATISM may follow. HEADACHES can often be traced to the eating of fruits. Study these things constantly. Find out what hurts you and what helps you. Do not forget that the best things become poisons when the stomach is congested. Read carefully the article on CONGESTION in this book. It is the most valuable part of the present work.

Rule 47.—The next class of foods are called those of the TWO HOUR PERIOD; and the following are included therein:

TWO HOUR CLASS

1. Artichoke.
2. Beans, when green and tender.
3. Buckwheat.
4. Bread that is new.
5. Capon.
6. Chicken.
7. Carrots.
8. Codfish.
9. Carp.
10. Cream cheese; meaning the factory kind.
11. Graham-flour bread.
12. Haddock.
13. Halibut.
14. Herring, fresh.
15. Lentils.
16. Mackerel, fresh.
17. Nuts; including herein only filberts, pistachio, pignolia and hazel-nuts.
18. Oatmeal.
19. Oat groats.

20. Oysters, fancy roast.
21. Pancakes.
22. Parsnips.
23. Pigeon, young.
24. Potatoes, not too new; meaning young white potatoes.
25. Rye.
26. Smelt.
27. Sole.
28. Salsify.
29. Tomatoes.
30. Trout.
31. Turbot.
32. Turkey.
33. Veal.

Here are thirty-three different foods that are digested in two hours. They belong to the TWO HOUR PERIOD. Not all of them are perfect food; but, being in use, we have included them, as some people can eat all kinds without harm.

Those people who suffer from rheumatism must let tomatoes alone, as oxalic acid is very abundant in them and quickly sets up this painful disease; as will also pieplant, or rhubarb, any fruit that is acid, cranberries, pickles, vinegar, and similar articles.

In the use of fish it is important that it be fresh, and perfectly so, for the least taint is likely to set up ptomain poisoning which comes so quickly and with such deadly effect that there is no time to fight for life. Thousands die every year of this poisoning, and chiefly from eating fish, sea food, or meats that are not in the best condition. Veal is also a problem; if taken from very young calves it is never good food; and if not kept fresh it very speedily becomes a poison.

Oysters when raw and clean are good food for some persons; but cooking them changes their value, especially if they are cooked enough to coagulate them. When fried they are very hard to digest and set up trouble.

HOME MADE JELLIES, canned fruits and dried fruits belong to the two hour class unless they are products of fruit that was not fully ripe when put up, in which case they are not good to eat as food. All fruit, however, even if good, must be used subject to the CAUTION given under the ONE HOUR CLASS of foods in this section.

Rule 48.—Foods that require **THREE HOURS TO DIGEST** are referred to as belonging to the **THREE HOUR PERIOD**. The following are included:

THREE HOUR CLASS

1. Beef, crisp lean, and all fat.
 2. Beets, if old.
 3. Cauliflower.
 4. Cabbage.
 5. Corn, canned.
 6. Flounder.
 7. Ham, boiled.
 8. Herring, salted or smoked.
 9. Liver.
 10. Lobster.
 11. Mutton.
 12. Nuts; but including only pecans and hickory nuts.
 13. Oyster plant.
 14. Peas, dried, or split.
 15. Potatoes, sweet, and yams; not white potatoes.
 16. Salmon.
 17. Spinach cooked with fat meat.
 18. Venison.
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Here are eighteen articles of food that belong to the **THREE HOUR PERIOD**. Some of them are not suitable to the best health, and all of them require a patient and strong stomach to digest them. They do not build new body tissue very fast, and it is supposed that they tax the vitality in the effort to digest them. On the other hand, they serve to give staying power to a person who is to work hard and long and who wishes to have food in his stomach as long as possible.

They sometimes set up poisons in the blood and organs.

If you take junket, it digests so quickly and easily that it has no staying power; and in about half an hour you will be very hungry again. If you eat foods of the *three hour period*, you will not suffer from a long absence of food from the stomach, and this will be an advantage to a strong person who has hard work to do.

Rule 49.—Foods that require FOUR HOURS TO DIGEST are referred to as belonging to the FOUR HOUR PERIOD. They include the following familiar articles of diet:

FOUR HOUR CLASS

1. Bacon.
2. Brown bread.
3. Beans that are old, including baked beans.
4. Crabs.
5. Ducks.
6. Doughnuts; also crullers and fried pies and fritters.
7. Lard.
8. Meats, cooked hard; also re-cooked meats; also pork.
9. Oysters, fried.
10. Onions, fried.
11. Peanuts and English walnuts.
12. Potatoes, fried hard, but not chips.
13. Turnips, and old or woody vegetables.

The four hour class looks formidable, and it is a terror to many stomachs. It slays its thousands every year, or rather every week, which is nearer the truth. Still there are some people who can keep fairly well for some years and eat these things.

Rule 50.—Foods that require FIVE HOURS to digest are referred to as belonging to the FIVE HOUR PERIOD. They include the following well known articles:

FIVE HOUR CLASS

1. Barley bread and whole barley.
2. Cheese; meaning the ordinary American and foreign kinds.
3. Clams.
4. Eggs, fried.
5. Ham, fried.
6. Nuts that are very oily.
7. Pork, cooked crisp.
8. Goose.
9. Saratoga chips; or thin fried potatoes, if crisp.
10. Pastry, piecrust and patties.
11. Shrimps.

12. Suet.
13. Mincemeat.
14. Fruit puddings and fruit cakes.
15. Rich sauces, dressings and gravies.

NUTS: CAUTION: For chestnuts and almonds, see the ONE HOUR CLASS. Other NUTS are mentioned in the other classes. Peanuts and peanut butter, although having some food value, cause congestion of the stomach and hurt the liver. The oily nuts, like black walnuts, cream nuts, Brazil nuts, etc., are unfit for food, although having value in case of starvation.

Rule 51.—Foods, or so-called foods, and other things that are eaten, that pass through the system unchanged by the process of digestion, are referred to as belonging to the NEVER PERIOD, and they include the following among many others:

THE NEVER CLASS

1. Apples, when not mellowed by nature; either raw or cooked.
2. Bran, whether in graham flour or otherwise.
3. Cranberries in any form.
4. Catsup.
5. Cocoanut, raw or cooked.
6. Cucumbers, radishes and the like.
7. Currants, dried.
8. Crisp parts of meat, pastry and potatoes where nothing is left but the crisp portion.
9. Gelatine.
10. Hulls, as the outer layers of cereals.
11. Peppers, also black pepper and red pepper.
12. Pickles, and all pickled goods.
13. Radishes.
14. Rind of lemon.
15. Rind of orange.
16. Spices of all kinds.
17. Tendons, muscles and cartilage that are ground fine in sausages.
18. Unripe parts of fruit.
19. Various ingredients that are included in French and other foreign cooking.

The members of the "NEVER CLASS" may go through the body and do no direct harm at times, depending on the conditions met with. If there is vitality present, and no serious amount of taint, cucumbers, radishes, pickles, and similar indigestible articles may merely force their way through and bring no danger; but the same person on some other day with slightly different conditions of the body, may be killed by any one of these things. Radishes have slain many strong, healthy men and women; yet ordinarily they are safe, but never useful as food.

Apples, when each fruit cell within is not ripened and burst open by natural mellowing, bring rheumatism, neuralgia, indigestion and other distempers to the body; yet, on the other hand, when nature has burst the tiny fruit cells and released the juices, apples are the most advantageous of all the distilled fruits in nature. Cooking will not aid nature in opening the cells; the ripening process must take place itself.

Bran is the outer hull of wheat. It is often ground into what is called graham flour; and its sharpness and indigestibility killed the man who invented it, and after whom it was named. There is always good lurking between two extremes. Whole wheat flour without the bran is the one greatest food in the world; yet, with the bran it is dangerous. For this reason all persons should avoid breakfast foods, as they are made from mill sweepings of bran and other coarse stuff ground fine, but still as sharp as needle points against the stomach and intestines. Fine grinding makes them sharper and more dangerous.

Cranberries themselves are wholly indigestible; but they have some value because of the sugar that is cooked with them; still they set up rheumatic conditions in the blood, like any sour fruit.

Catsup, relishes, chowchow, spices, and the long train of unnatural things that are used to stimulate a false appetite in a morbid stomach, are useless from every standpoint, and sometimes lead quickly on to appendicitis, as they inflame the intestines and destroy its membrane. The stomach when healthy is a healthy animal; and no healthy animal will eat these strange things that human ingenuity, working in a bad cause, has concocted.

Currants, if made from small grapes, would be very useful; but those that are known as the Corinth berry, and that come from that locality, after being dried and sweetened, or in their natural state, are poisons, and pass through the human body unchanged.

They lack value, and are also a source of danger. On the other hand, raisins that come from grapes, such as are used everywhere, are very valuable. Dried currants do much harm to the stomach, while raisins do much good. You can find many black varieties of berries on plants, even in this country, which could be made into currants; and would pass for the usual dried currants; but, being poisonous on the plants before they are picked, they are equally poisonous after they are made into dried currants.

Gelatine formerly had food value, although but slight. Today the glue-made gelatine will not mix with the gastric juice of the stomach, and it often remains for a day or more in that organ.

Orange and lemon rind enter largely into modern cooking; but they are useless and dangerous. They save money, but increase the doctor's bill.

Sausages are made from everything that cannot be served or sold in any other way. Being ground fine, they look all right; and, being nicely flavored, they taste wonderfully good; but it is the after reckoning that must furnish food for reflection. If you will take a few pounds of sawdust, fry it to a crisp in the pan, season it well, and eat it with sugar and milk, or with cream, you will pronounce the food-imitation a success if you do not know from what it is made. You can take straw, corn stalks, and dried splinters, make them crisp by proper cooking, and sell them for a new breakfast food, costing you about a cent a hundred boxes, outside of the labor, and selling for ten dollars a hundred boxes, and you will have in your grasp a modern form of enterprise that out-sellers Sellers, for there's millions in it.

Rule 52.—Adulterations constitute the fourth enemy of life.

These might be said to come under Rule 39 which says that food that is foreign to the body is the second enemy; but there is a difference between foreign food and adulterated food. The body requires fourteen different kinds of elements, and these are all found in a single food such as whole wheat flour with the bran removed, or eggs, or milk, or beef that has been lightly cooked, any one of which will maintain life indefinitely. The fourteen needs are also found in combinations of two or more kinds of food; while, in some cases, it may be necessary for a person to eat several kinds in order to secure nutrition for the body. The whole

object of eating is to furnish the system with these fourteen needed elements.

If only thirteen are eaten, sickness will follow.

If fifteen are eaten, then the extra element is foreign to the body, and must be driven off and out at the expense of loss of vitality and often of health. Now, as a matter of fact, people eat many more than the needed fourteen elements; for they do not know what is food and what is not food, except in the simplest forms. For this very reason, this book is a necessity in every house at the present day, as will be seen.

In addition to the foreign material present in badly selected foods, the manufactures of preparations called foods, add imitations that are actual poisons. On the one hand we see that dried currants which are eaten as food, contain material that is foreign to the body. We also find in tomatoes a large proportion of oxalic acid which is foreign to the body. These are but two samples of foods that contain matter that the system is compelled to throw off in order to free itself from danger. Coffee and tea both contain such extra matter. Now all these things can remain pure and yet do harm because they contain foreign elements. But when tea and coffee are adulterated, the dangers increase.

Chocolate is the worst adulterated article on the market today. It is almost impossible to obtain it in a pure state, although those who make it and those who sell it, are ready to swear it is pure.

Next to chocolate comes baking powder; this alone is the cause of more organic disease than any other thing, for all people make bread and cake from baking powder. The claims of purity are strong, but the facts belie these claims.

Candies are adulterated from the simple white kinds to the more elaborate sorts; the sugar from which they are made is not pure; and "mineral sugar," called saccharine, is added to white clay to give the needed sweetness. A little of this "mineral sugar" will not do harm, and is useful in case of diabetes; but its continued use, and presence in large quantities, as in most candies and syrups, soon weakens the body, for it is foreign to human life and cannot enter into the making of tissue. Coloring matter is also present in candies and fruit syrups, in many poisonous forms.

Fruit syrups, fruit juices, soda-fountain drinks, canned goods, and preserves of all kinds, are adulterated today to an extent that makes them distinct dangers of a most grave character. They

should be avoided. The same is true of most ice creams; but not all.

White flour besides being chemically "bleached" is given weight by the addition of finely powdered white earth in which alum is liberally distributed to make it bake readily. This is the most serious menace of the present day, as bread is the staff of life, so-called.

Drugs and medicines are so much adulterated that they have lost their efficiency to a great extent, which may be a blessing in disguise. Beers contain, as shown by actual analysis, as many as 123 adulterants, culminating in arsenic and other violent poisons that kill slowly. Kidney diseases are sure to follow. Out of over two thousand deaths from Bright's disease, where the malady came on without warning and was at the incurable stage when discovered, all but three were directly due to beer and liquor drinking; and in the three cases the victims were users of canned goods to a large extent. Wines and liquors today are hopelessly adulterated; and yet those who offer them for sale are ready to make any kind of oath that they are strictly pure. Cigarettes, and even the wrappers or papers in which they are made, and which can be bought separately, are treated to a habit-forming drug that makes a slave of the user; some of the worst "fiends" having been started in their downward course by this snare.

The eternal desire to make money by weakening and ruining the human race is so dominant today that there seems to be little chance of saving the next generation. Legislation is not easily secured; prosecutions are not pushed with sincerity; juries are the weakest part of the whole American system; and punishment rarely follows. For every criminal who is checked in this deluge of murder, a hundred others rise to take his place. The acquittal of the beef trust shows how little can be expected from American juries.

Rule 53.—Preservatives constitute the fifth enemy of life.

In addition to the floods of adulterations that enter into almost everything that is intended for the human stomach, there are scores of different kinds of chemicals that are added to meats, foods, drinks, and other things, in order to keep them from decay, in the first instance; and in order to make decayed goods salable in the second instance.

Thus if rotten tomatoes are to be canned, or put into catsup, they are sweetened by benzoate of soda. This chemical is not a dangerous poison; but its continued use breaks down tissue in the body.

Rule 54.—Whatever will destroy the germs of decay in food, will destroy the life-making cells in the human body.

By tests made by the United States Government in order to please adulterators and preservative-users, it was found that benzoate of soda will not kill a man, nor will it make him sick, unless used in too great proportion; but it will stop the formation of life-building tissue, without which he cannot build a vigorous body, nor repair the waste and loss that occur in daily life.

A preservative is a chemical poison, having a slow and steady power to check growth of decay in foods, and likewise to check growth of tissue in the body; for tissue grows on the same principle that decay thrives; both having the same original cell as the basis of development.

All meats are embalmed; all canned goods are subjected to similar treatment; most package goods are likewise "saved;" and there is a never-ending flow of foreign material into the things that humanity must eat. If you could go into any fruit-canning establishment and witness what is going on, you could never again eat such fruits. Women who work in tomato canning factories are always cured for life from eating canned tomatoes. In factories where corn, beans and other things are canned, there is the sickening stench of partly rotten foods; and these foods would be rejected were it not for the fact that benzoate of soda is used to cover up the decay. In the absence of that chemical, the goods would "speak for themselves," and the factories would be compelled to use only fresh foods, or to better look after those in hand.

In summing up this section of the present book, we will review

THE FIVE ENEMIES OF HUMAN LIFE

1. Dead Tissue within the Body. (Rule 29.)
 2. Food that is Foreign to the Body. (Rule 39.)
 3. Carbon Poison from Indigestion. (Rule 40.)
 4. Adulterations. (Rule 52.)
 5. Preservatives. (Rule 53.)
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Rule 55.—If the Five Enemies of Life are kept from doing harm, no sickness, malady, disease, contagion or infection can possibly come to the human body.

This is the greatest rule of all.

It carries in itself the complete emancipation from suffering and premature death that men and women have striven for since first the world began. It is only today that the facts are fully known, and the remedy is not difficult. Nature intended that there should be no sickness in the human race. To show you how near you stand to perfect health, we will take a brief glance at the proposed remedies. The last is the least difficult.

Preservatives can be avoided by taking the food fresh from the virgin soil and keeping full knowledge of it in all its processes from the earth to the table. This is much easier than it would seem at first thought.

Adulterations may be avoided in the same way, and in refusing to use any goods that have been within the danger zone of adulteration.

Carbon Poisoning from Indigestion is overcome by selecting at each meal such foods as belong to the same digestive class. This is not only easy, but is a pleasant and highly appreciated departure from the haphazard methods of the present day. People who are practicing food selection at their meals are so enthusiastic about it that they preach it by their example to others, as it is the "newest truth" of this age.

Food that is Foreign to the Body is got rid of by the exercise of the first principle of common sense.

The most difficult of all the steps to be taken, is that which throws off the dead tissue that is constantly forming within the body. Yet it is not a really hard thing to do. The very act of living must be attended by dying tissue, or the death of life-cells; for every thought, every beating of the heart, every flow of blood in the veins, every nervous function, every act of existence, gets its power from that process known as CHANCE in the body, just as the breaking down of the structure of coal or wood makes the engine move, or the electric current fly over the wires. You cannot get something from nothing. Life is had at the expense of living tissue in bone, muscle, nerve and flesh. Such tissue must die, or rather break up its structure; and its place must be filled by new tissue which is being made every day.



FIFTH SECTION

FACTS ABOUT FOOD

ALL THE LAWS AND RULES set forth in this book are the result of vast numbers of experiments and tests made under all conditions and for all classes of people and all states of health. They keep on proving their reliability the more they are tried, and they do not at any time show error or inaccuracy. They are the only complete sets of rules and laws of health that can be found today that furnish a safe guide to follow.

Do not allow yourself to be caught by the theory of some so-called "expert;" especially a physician who calls himself an "expert on foods;" for there are no medical food experts living today whose teachings are an all-round guide to the public. They have their fads, and push them at any cost to violent extremes. The Ralston Health Club has no fads, and is world-wide in its influence for doing good. It seeks the plain facts, and the living truths; nothing else.

Learn to exercise your good native common sense.

Some people believe one thing today, and tomorrow they are completely turned around, as some other belief has captured them. Such people must either develop a mental backbone, or else stop reading and listening; they are straws that are blown about by every gust no matter how slight. They swallow all they hear and read, and can be made to believe that the sun sets in the east or rises in the west.

Do not join the ranks of "easy believers" in every notion that you read or hear.

Some doctors seek popularity by telling their patients to eat what they want, when they want, and as much as they want.

That kind of advice pleases the patients, and so the doctors gain the good opinion of their patrons.

That kind of advice increases sickness, and so adds a new source of income to the doctors.

"What's the use?" asks a well-known physician. "I have been trying to tell my patients that all diseases have their beginnings in wrong habits of eating, and I am not so popular as I would be if I told them to eat what they like. In any event they *will* eat what they like, so what's the use of telling them the truth?"

In a great medical convention recently held in this country, the question was put, What proportion of the people are free from stomach trouble? The medical men knew what they were talking about because they came from the midst of their own patients from all over the land; and it was the final opinion that ninety-five men and women in every hundred were victims of errors in eating; or, in other words, in the United States alone, there are nearly ninety-five million of sufferers from stomach troubles.

Yet medical "experts" tell the people to eat what they want, as much as they want, and when they want it, regardless of every rule of life and law of common sense.

The true physicians do not give this vicious advice.

YOUR family physician is honest.

He will tell you that all sickness, all maladies, all diseases, begin in wrong food selection, or in wrong methods of eating; no matter what direct cause may spring the trap. The house that is rotted in its foundations may not topple over until the wind strikes it, or the rains undermine it, or its own weight crushes it; but the first cause is in the house itself. Had such first cause not existed, the outside agencies could not have wrecked it. So the human body is a temple, the material of which may be sound or unsound, if sound, no disease can harm it; if unsound, it becomes prey to every approaching danger, and the enemy that first seizes it generally controls its condition.

In the last ten years doctors have increased, diseases have increased, surgeons have increased, operations have increased,—all, all ten times faster than the population has increased. During this period, the people have been more and more reckless in their habits of eating; and every honest doctor who is not afraid to speak the truth states frankly that the fearful increase in sickness is due to the errors of eating.

The human body cannot be anything else than what it eats.

When you build a house, you put certain material in it; and the house is the result of what enters into its construction. You cannot build of mud-blocks and expect a marble mansion. The same fact is true of the human body: it is the result of the material that enters into its construction. Exactly what goes in at the stomach comes forth in the character of the flesh and bones.

Rule 56.—The person who is swayed by the reckless statements of self-styled experts on food will always be at sea in a rudderless boat.

If you have faith in the rules and laws of this book, cling to them against the wild contradictions of doctors who seek fame and money by their sensational claims and opinions. A great doctor recently said: "Eat a heavy meal just before going to bed every night." The next day another great doctor said, "If you eat a heavy meal just before going to bed at night, you will have sallow faces, dead eyes, and great hollows under them."

You should sail in a boat that has a destination, that is controlled in its direction by a rudder, and that proceeds on its course in a way that commands the confidence of those who are aboard. For this reason, you should accept the rules and laws of this book against all other opinions. Our whole work for a lifetime has been devoted to this ONE CAUSE, to know the facts on this ONE SUBJECT, and we have greater opportunity for ascertaining the full truth than any individual on earth. This statement is not made in a spirit of boasting; but with a desire to bring all thinking people into a realization of the danger of following sensational leaders in so important a matter as the health and life of the body.

The Second Life Enemy, as stated heretofore, refers to things that are called food, but that are not. In this place we will present a brief list of the more common:

SO-CALLED FOODS THAT ARE NOT FOODS

- 1 The foreign matter in all unripe fruits.
2. All forms of TEA. Tea at all times is a poison.
3. That part of COFFEE that is developed by too much boiling. The only safe part of coffee is that which is set free into the water in the first few minutes of boiling.
4. Rinds of lemons and oranges. All cook books include many things that make use of such rinds. They are dangerous poisons.

5. Bran, or the outer hull of wheat. Also the outer hull of rice, and other grains; the least hurtful being that of oats.

6. Chocolate and cocoa contain much foreign matter.

7. Tomatoes are not food. They also contain oxalic acid, a poison.

8. Pieplant, or rhubarb, and other weeds that are eaten.

9. Dried currants. They are poison berries, and not of the raisin class, which is always beneficial.

10. Pearl tapioca. The regular tapioca is good food; the pearl is bad.

11. Potatoes that have green skins. The sun has changed the character of the "greened" potato.

12. Potatoes that have grown waxy; they cease to be true food, as new chemical changes have been set up.

13. The outer layers of ripe beans and ripe peas.

14. Clams, lobsters, crabs, terrapin.

15. Peppers and pepper; spices, cinnamon, ginger, citron and other things used in cooking. Ginger and black pepper used sparingly are not hurtful, although non-food in fact.

16. Sweet potatoes and yams contain parts that are not food.

17. Cranberries. Gooseberries. Native currants. Tart apples.

18. Lard and crisp fats.

19. Graphite used in making hotel gravies.

20. Catsup. Chow chow. Pickles. Table sauces. Cucumbers.

21. Radishes. Strawberries. Vinegar.

22. Tendons and muscles in sausage.

23. Viscera or entrails, sweetbreads, kidneys, brains, hearts and hoofs, including hoof-made gelatin, and gelatin made from glue elements. These things appear in sausage form, and in gelatins; and should be avoided as the worst of enemies, for they contain the dead within the dead.

24. Corn-stalk juice, such as is found today in glucose, syrups, candies and very largely in fruit juices, canned fruits, and the like. This stalk juice destroys the kidneys in time.

25. Corn-stalks themselves. They are not food, but are found in many breakfast foods, and specialties, crisp or otherwise. Sawdust, by being disguised, is capable of being passed as breakfast food.

26. Straw and coarse reeds, ground into breakfast foods and camouflaged by crisp cookery.

27. Clay, white earth, lime, and similar minerals that are employed in candy and bread making. Many people eat clay but it has no food value of any kind, and lowers the vitality.

28. Foreign ingredients that enter largely into fancy cooking. Nearly all French and Oriental cooking is poisonous.

29. Cocoonut is wholly indigestible.

The list given shows what efforts are made to achieve variety in eating regardless of the question of what value the things are that enter into so many dishes. Nature shows that she uses fourteen elements in making and sustaining the human body; that she will not accept fifteen or more; for which reason, all elements in excess of the fourteen are certain to be rejected by the body. The process of rejection and ejection causes loss of vitality, in addition to keeping out the desired class of foods that are needed. More than this, the foreign matter sets up a false standard of relish, so that the taste of a person is perverted and wholesome things are scoffed at. Compare these so-called foods with those of the better lists, and make your selection. At the same time, do not think that all the non-foods are poisons. Tomatoes, which contain the basis of rheumatism, may be eaten for years without causing this malady in a person who is not subject to such trouble. Gooseberries are the national fruit of England where rheumatism flourishes, and yet there are people there and in America who can eat gooseberries for a long time without getting the gout or rheumatism. Yet tomatoes, gooseberries, pieplant, tart apples, native currants, vinegar and similar things of the sour class cause nearly all the rheumatism in the world.

Under the Thirteenth Law it is stated that the enemies of life may be overcome by food selection. One class of enemies includes the non-foods of the list just given herein.

The two remaining classes are those that include adulterations and preservatives. These are so slyly put in things that you would be surprised to know how often you take these poisons in your system. Read again the accounts given under Rules 52 and 53 in the earlier part of this book. You could prove your good citizenship by personally holding your law-makers responsible for two achievements:

1. The discovery of adulterations and the use of preservatives in foods through legislative investigation. Insist that the law-makers who represent your district in your State and in Congress,

fight for a law that will maintain chemical analyses of all things you wish examined, and without cost to the public, so that you may know what is safe to eat.

2. The punishment by imprisonment of all persons who, through love of money, adulterate foods; and the punishment under the capital crimes law, of all persons who deliberately cause deaths by the use of poisons in food. One hundred thousand children died last year because food-makers sought to make money by adulterating the necessities of life.

See that your foods are constantly and honestly analyzed at public expense.

See that your criminals are punished severely enough to check this evil.

DRINKS

The only natural drink is water.

The ideal drink furnished by nature is rain water that has fallen into sandy earth, and there been filtered. Rain water is the distillation of the ordinary waters on the earth. Only the pure parts are made into rain; just as man distills water, and then filters it through sand; but man-made distillation is not aerated, or mixed with enough air after being distilled; and the sand is not of sufficient bulk to give full balance of water. Yet man has it in his power to accomplish these imitations of nature.

On the other hand, the usual DRINKS of humanity are as follows:

1. Coffee.
2. Tea.
3. Chocolate.
4. Cocoa.
5. Bran Lemonade.
6. Malted Milk.
7. Buttermilk.

Any drinks that contain alcohol interfere with digestion and prevent the food from making tissue. This applies to beer, wine, cider and all liquors.

TEA is a direct poison. It is wholly foreign to the human body. It weakens every organ, and acts directly on the bladder, making it very difficult to retain the water there. Iced Tea, as the Chief

Chemist of the United States Government stated, is "slow suicide." Tea drinking undermines the brain forces, ruins the memory, causes loss of faculties long before age has come on, and makes a person desperately nervous, and subject to gloomy moods by night and day. Its end is paralysis.

Malted Milk is merely a food of high value, made from condensed milk and barley malt. It can be made at home very easily from ingredients that are for sale at drug stores. Any malt form of milk is good.

COFFEE is not a food drink, but a pleasing stimulant, free from injury to persons whose hearts are strong, but dangerous to weak hearts. It contains a poison that is not brought into it until it has boiled for some minutes. To avoid this poison, the more experienced people made drip coffee by which the hot water drips through the ground berry. Then the percolating system is used as the next step between drip and boiled coffee. But where the coffee is allowed to boil for several minutes, the poison in it is set free and then the trouble begins. It stops digestion for an hour or more, adds to the danger of carbon poison, and does general harm to all the organs.

SOME WOMEN keep the coffee pot on the stove and add water to the grounds from time to time, drinking from this wicked brew, and their husbands pay the doctors' bills.

SOME WOMEN are so ignorant that they even allow the teapot to stand on the stove all day long, adding water as needed, and sipping from the awful brew. If a million dollars were offered for a well woman who thus displayed this degree of ignorance unparalleled in modern times, they could not find one. Medicine bottles fill the back yard, and pill-boxes pile up in the house. In the first place, water that has been boiled for some time is a poison and the surest cause of old age. In the second place, tea and coffee are in themselves poisons, the only escape being in the quick cooking of coffee and the discarding of the grounds *at once*. In the third place, there are no saving merits to tea; it is bad first, last and always. Coffee is good in its early boiling only; after that it is one of the worst enemies of the health.

The other drinks have been discussed in the earlier pages of this book. Bran Lemonade is a brain-refresher and nerve-builder, and may be flavored by grape juice, currant juice, peach juice, or blackberry juice, always to the advantage of the health and

blood. Buttermilk is a direct tissue-builder of the highest possible value. As all foods turn to liquid in the stomach, it does not matter whether they are solid or not when eaten.

WATER is the typical drink to relieve thirst, and there is nothing that will perform this duty so effectively as water. As it does not contain food for the stomach to act upon, it is not affected by the rules of eating. It used to be believed that water-drinking during a meal was bad; it is bad only when it takes the place of saliva, as when food is washed into the stomach by any liquid. This is so vicious a habit that it seems strange that it should still survive. It is perfectly proper and good for digestion to drink slowly between swallows, if the mouth is entirely empty. Drinking before a meal, and after a meal, is also helpful. The very best time is to drink freely before eating.

Water should be free from mineral matter, as this brings on the disease known as old age. Spring water is filtered rain water, and rain water is aerated distilled water. Here we find the ideal drinking water for health and long life.

FRUITS.

This class of foods is divided into two parts:

- 1.—Fruits that are foods, such as dates, figs, raisins and the like.
- 2.—Fruits that are drinks, such as those described on this page.

THE DRINK FRUITS, OR JUICE FRUITS.—These bear so strongly on the cure of the disease known as OLD AGE, that we will refer again to them. But in this connection, the Juice Fruits are cleansers of the system in advance of the morning meal. They are as follows:

1. Fully ripe and mellowed APPLES.
2. GRAPE FRUIT or SHATTUCK; using the juice only.
3. Fully ripe ORANGES.
4. Fully ripe CHERRIES.
5. GRAPES.
6. PEACHES, PLUMS, APRICOTS.
7. PEARS.
8. BLACKBERRIES.
9. RASPBERRIES.
10. MULBERRIES.
11. CANTALOUPE.

Grapes are the noblest of all the fruits, but the habit of swallowing the pulp and seeds is not a good one.

It has for generations been a familiar saying: "If you eat a ripe and mellow apple every morning on an empty stomach, you will never need the doctor." The principle is correct, but so many counter influences arise that the results are not always the same. Care in one respect and carelessness in all other respects will not bring health.

Pears act upon the kidneys. This is an advantage, if the pears are fully ripe. A flooding of the kidneys by fruit eating, especially of pears, may save many a case of Bright's disease.

Peaches carry iron to the blood, so do the blue grapes. This iron is organized in vegetable cells, and is therefore beneficial. Medicinal iron weakens the lungs and other tissue, as it is a metal. Making a whole meal of ripe peaches in season is a grand benefit, and will do good that lasts for a long time. People who eat great quantities of peaches during the weeks they are to be had fresh, bring advantages to the body that will endure for a whole year.

Bananas can be digested by some persons, and others are unable to eat them without distress. If their fruit cells are opened, they are good, but the skin is then black and uninviting. In other cases they do violence to the stomach.

Watermelons cause disturbances of the gastric juices.

Strawberries cause hives, or skin blotches. But some persons are exempt from them. When eaten with cream and sugar, the cream and sugar are beneficial.

The preserved juice of currants, if very ripe when picked, is a fine tonic for the winter if it is not fermented. The same is true of grape juice, and especially of peach and blackberry juice. These contain iron in vegetable cells, and help to make rich blood. Every home should put up these juices in their season.

CAUTION:—When the stomach is congested, the juicy fruits, as well as fruit-juices, cause neuralgia, headache, and sometimes rheumatic conditions.

THE SO-CALLED FOODS

Some of the so-called foods are foods; and some of them are part foods; while others are not foods in any sense. Some stomachs can endure clay, sand, sawdust, crisps and tomatoes without serious injury at first.

When humanity came upon earth there were two kinds of foods waiting for its use:

Wheat, the king of cereals.

Blackberries, the king of fruits.

While these did not then appear in the form in which we now have them, they were the progenitors of all foods and fruits that followed.

From what was then the wheat of that age, have been derived all the foods of its class that have been developed.

From what was the blackberry of that remote era, have been derived the grapes, pears, apples, peaches, plums, cherries and other fruits, by the law of variation, which is never inactive even at the present day.

Wheat contains starch, as well as all the fourteen elements of the human body; while rice, oats, barley, buckwheat, peas, beans, etc., contain more or less of these elements, but not in a form so perfect or so easily digested as wheat. Nature has not been improved upon in this respect in the last hundred million years. Wheat was then waiting for man before he arrived, and is still the one and the only perfect food for man today.

The blackberry, without its core, and in a state of mellow, deep-black ripeness, is drink and food for humanity, carries iron into the blood in a natural condition organized in vegetable cells, and is a medicine of untold value. Raspberries are milder forms of blackberries, and are also useful as food.

In parts of the world where wheat could not be found, humanity was compelled to eat grasses and roots; and to hunt for animals, seek fish in the waters, and birds in the air. All these things were provided by an all-wise nature to prevent the extinction of the human race, but chiefly as makeshifts.

It is better to eat makeshift foods than to starve to death.

It is evident that man tried everything that came along, or that he could discover. He tried roots and tubers, leaves and grasses, and everything that resembled fruit. His hungry stomach liked the taste of nuts, even acorns. He ate carrots, turnips, beets, cabbages, cucumbers, tomatoes, and whatever he found. There is no doubt that millions of men, women and children have died trying to ascertain if some things were foods and if others were poisons. A good illustration of this struggle to learn the facts by actual test is seen in the use of mushrooms, some of which are merely

toad-stools and which will kill very quickly. One investigator estimates that millions of humanity have been slain by this single weapon. Even now thousands die from eating toad-stools in every generation.

The tomato is another illustration of the efforts of man to guess what is food and what is not. The tomato was never eaten until the year 1830, although it had been on earth for thousands of years. Now, although it contains no food value, and does in fact hold a large quantity of oxalic acid, it is eaten more freely than apples, and gives rise to the immense canning industry bearing its name. It is the most violent enemy of the liver known today.

It may cause rheumatism and neuralgic headaches.

The radish is still another example of the struggle of man to find out what is food and what is not. It cannot be eaten except when very young and is wholly lacking in value of any kind. The same is true of the cucumber. These non-foods often cause great disturbance of the digestive system, and many deaths have resulted, if the stomach is badly congested.

SACCHARIN.—This was for many years heralded as the true substitute for sugar and sweets, and was especially recommended for diabetes. It is a poison in itself, in that it will destroy the gastric juice, and paralyze the lining of the intestines. But its use is still recommended by the whole medical fraternity except those who are fully up to date in new knowledge; and the chemical experts of the United States declare that it is not a poison. Facts, however, speak louder than theories. The rapidly increasing use of saccharin in fruit syrups, ice cream, and all kinds of candies, and the consequent overwhelming number of disturbances that follow in its train, especially appendicitis, severe inflammation of the stomach and intestines, and skin eruptions, has led to recent criminal legislation against its use. In one city this year many arrests have been made of adulterators who made ice cream without sugar, and employed saccharin instead; the latter costing but a trifle per pound. Two facts prove that this imitation sugar is dangerous:

1. It always leaves the body in the same condition in which it enters, no part of it having been assimilated or digested.

2. Those who eat candies, ice creams and fruit syrups, or canned fruits which are adulterated with saccharin, suffer serious stomach and intestinal troubles, which can be directly traced to this cause.

THINGS THAT ARE PART-FOODS

We have in this Section discussed the things that are not foods, although so-called. We have also shown the struggle of mankind to find out by test, at the risk of life, what things are useful as foods. We come now to the things that are partly good and partly bad. They may be eaten by persons who are quite well, but should be avoided by those who are not in perfect health. These will be found listed in the time classes; but, as there stated, they are not to be regarded as having full food value.

ARTICHOKES.

BACON.

BEANS.

BUCKWHEAT.—Continued use of buckwheat injures the nerves and breaks up the blood. A little mixed with corn or wheat is useful at times.

CAULIFLOWER.

CABBAGE.

EGG PLANT.

LENTILS.

MOSS.

OYSTERS.

OYSTER PLANT.

OLIVES.

PEAS.

PRUNES.

PUMPKIN.

RICE, OF A WHITE COLOR.

SPINACH.

SQUASH.

SHRIMPS.

TURNIPS.

To the foregoing list add the so-called foods that are not foods which have been described in an earlier page of this Section, and we see one of the methods whereby the cost of high living can be reduced. A sensible person will not spend money uselessly on foods that, instead of building up the body, are sure to weaken it, and invite sickness with its consequent expense, suffering and loss of time.

MEDICINAL VALUE OF FOODS

The tendency of the age is shown in the practice now being introduced everywhere by the most intelligent and skilful physicians, who substitute foods in the place of drugs as medicines to heal the maladies of humanity. The practice is growing very rapidly among the honest, earnest and best trained doctors. In this part of the present work we include a summary of the foods that possess a medicinal value, as already described in the pages just preceding. More will be said of them later on in this work.

A FEW OF THE MEDICINAL QUALITIES OF FOOD

1. BEETS have a beneficial effect on the HEART, not as a stimulant so much as a cleansing food.

2. BEEF JUICE is a direct builder of the tissue of the body.

3. BUTTERMILK, when sweet, builds tissue rapidly; when sour, it destroys germs that poison the intestines, and is also a tissue builder.

4. BRAN LEMONADE is a food for the brain, and overcomes fag and weariness in the mind, and drives away depressing feelings.

5. BUTTER lubricates the system, and takes the place of olive oil to some extent. But olive oil, being vegetable, is a better lubricant. Both are life-builders.

6. CARROTS produce a wonderful COMPLEXION, and a splendidly clear skin.

7. CELERY is a stimulant for the NERVES.

8. CHERRIES, when sweet and fully ripe, destroy old age matter in the body.

9. DATES, FIGS and RAISINS, one, or any two, or all three, contain the same value as meat, and in better form.

10. FRUITS of the juicy class are all cleansers of the tissue.

11. GRAPE FRUIT in the morning on an empty stomach, clears the system of bile taint.

12. HONEY is the most natural form of carbon and stimulates the vital centers.

13. LEMON JUICE on an empty stomach cleanses the digestive organs.

14. LETTUCE has a direct effect on the blood as a cleanser.

15. ONIONS when boiled have a powerful influence in defending the body against the attacks of contagious diseases.

16. RAW ONIONS, chewed but not swallowed, destroy the germs of colds, and prevent attacks from infectious diseases.

17. ONION JUICE, that is the juice of raw onions, sprayed upon the atmosphere, will clear it of germs of all infectious diseases. This is effective both indoors and outside.

18. PARSNIPS are useful in cleansing the kidneys. They should be eaten freely.

19. PEARS, especially the Bartlett variety, are active as a diuretic, and flush the kidneys. All pears have more or less of this power.

20. PEACHES and GRAPES bring natural iron into the blood. Mineral iron tends to destroy the lung cells; but natural iron builds them up. Iron is natural when it is developed by growth in the vegetable kingdom.

21. PINEAPPLE JUICE mixed with honey will prevent sore throat.

22. PLUMS, when very ripe and mellow, stimulate the liver.

23. POTATOES BAKED, with the skins afterward removed, furnish the first safe step in weaning a baby from its milk diet. The skins are retained in the diet of adults.

24. POTATOES in any form, when mealy, are one of the few foods that cannot be adulterated, and are therefore humanity's best friend.

25. SUGAR (or its equivalent, starch in grains) is the foundation of the fuel of the body. It furnishes warmth and energy, but not muscle.

26. LOAF SUGAR, and also home-made candies, serve many useful purposes. A small piece held in the mouth will cause a rapid flow of gastric juice into the stomach after a meal. While, as a rule, sugar or candy should not be put in the mouth when the stomach is empty, it can be done sometimes for the purpose of relieving a headache, as the gastric action of the stomach will draw off the pressure of blood at the head. But it will not relieve a neuralgic headache.

27. WHITE OF EGG, in a raw state, is pure albumin filled with life such as the blood requires, and is the only known repairer of membranes that are injured or congested. It also reduces inflammation of the liver if taken in liberal quantities in the stomach. When the throat is raw, the white of an egg, if held at the back of the mouth, will help to heal the surface.

28. **YOLK OF EGG**, raw, is a rapid builder of new tissue and repairer of the old. In bone diseases it has no equal as a healing power.

29. **YOLK of EGG**, boiled and powdered, mixed with boiled milk, one-tenth egg to nine-tenths milk, will check weakness or looseness of the bowels, and give remarkable strength to all parts of the body when tired. The rule is to take as much as can be relished, sipping it slowly, and holding each mouthful in the mouth at least two seconds. Try this when tired.

30. **HONEY AND BRAN WATER**.—The best known tissue-builder today is the combination of pure honey and bran water, following in five minutes after the use of the white of a raw egg slowly swallowed. In the first place, the easiest thing to buy is bran. Wherever feed can be bought, there you can get bran for less than two cents a pound, and a pound is bulky. The dusty bran is the best, for it contains the phosphates that are needed by brain and nerves in the repair of the body. Soak a pound of bran in two quarts of lukewarm water, then drain it off. In the meantime dissolve half a pound of honey in warm water, and set it aside to get cool. Never use the honey-comb, as it is indigestible. Bran, also, is indigestible, and for this reason it must be strained through fine cloth so that only the clouded water from the bran can be had. Having done this, then unite the dissolved honey with the strained bran water; and ice same. Drink as much of it as you desire, slowly always, and always as cold as you can get it. Add lemon juice to flavor, if preferred. If honey cannot be obtained, the next best thing is white sugar. Athletes that are in the best condition drink bran lemonade, which is the same thing. In families where this drink is used, all the members possess unusually good health, bright eyes, fair complexions and vigorous nervous systems. It takes no more time or trouble to make bran drinks than to make coffee; and neither coffee nor tea contains food elements, while the bran drink is wholly composed of the very best food elements. If once you get in the habit of drinking iced bran water, you will never regret it.

31. **BUTTERMILK** is the best of all the dairy foods, and is regarded by some medical men as the best food in the world. Many scientists have come to the conclusion that buttermilk cannot be equalled by any other kind of food for its tissue-building qualities. Milk alone is too bulky to be used as a one-food supply, for many

quarts must be drank daily in order to support the needs of an active body. Yet sedentary people may live on plain milk alone for many years. When the cream is taken from the whole milk, some of the latter remains in the cream. This and some parts of the cream are left in the making of butter. The fat goes into the butter, and the fluid is known as the buttermilk. When not sour, or turned, it is a most delightful food, especially if ice-cold, and is taken slowly into the stomach. It should be thoroughly salivated in the mouth. There are many hopeless cases today, as estimated by physicians, that are kept alive by nothing but buttermilk. Men who are really healthy now have been saved from the grave by the use of a buttermilk diet; in some cases taking this food for many years, without the addition of anything else. It seems hard fortune, but it was the choice between a complete yielding to the use of buttermilk or an early funeral, and the former was preferred. Apart from its medicinal value, buttermilk is an everyday food of so much greater importance than meat that a cent's worth of the buttermilk will give more strength than a dollar's worth of the best meat in the world. If you have never taken buttermilk you may not like it; but, like olives, the taste is soon cultivated.

It can thus be seen that the only true medicines in the world for the human race are foods selected for their specific benefits. The time is fast approaching when nothing will be introduced into the body except natural foods, or those containing one or more of the elements of life. The force of the following law is seen by what precedes herein :

NINTH LAW:—The use of the Medicinal Foods and the Life-Building Foods will produce an absolutely perfect body.

New tissue will be built in every cubic inch of the body, and the health will rise to so high a standard that any part of the body that is out of condition or repair will heal almost instantly.

Rule 57.—Some foods are causes of diseases, other foods are neutral, other foods build up the body, and still others have a medicinal value.

Rule 58.—Old age is a ripening of the body, and is due to the accumulation of mineral matter in the tissue and veins.



SIXTH SECTION

PROBLEMS



Y REFERRING to laws already set forth in this book, you will find that every disease has two causes, one of which is the inward condition of the body, and the other the attempt of nature's hosts to remedy that condition by her destroying germs. You will also learn, by re-reading the laws of the previous Sections of this book, that such inward condition is the result of certain life enemies, one of which is the deadly poison that is generated in the body because foods are eaten that do not digest together.

All foods belong to some digestive-time class.

When there are present together in the stomach foods that belong to different digestive-time classes, that food which is most easily digested will receive the whole attention of the stomach; and, at the same time, the other food will undergo ferment which takes place very rapidly in the body under the conditions named. This ferment gives rise to the violent poison.

As more than half of all the ills of life come from the uneven digestibility of foods in the stomach, it is very important that humanity should at once begin the study of the remedy. The cause is known. The prevention of this cause is better than the cure, for the cure often is too late in reaching the victim.

The Five-Minute Class.—This includes foods that slip through the membranes of the mouth, throat and stomach, and enter at once, or almost at once, into the river of blood that courses through the body. The Five Minute Foods are Raw White of Eggs, Raw Yolk of Egg, Beef Juice, Clear Soup, Butter, Sugar, Honey, and Olive Oil.

Rule 59.—Foods of the Five Minute Class should be eaten separately where they are not intended to be combined with other foods.

If the white of a raw egg is to be eaten, it is far better that it be taken by itself on an empty stomach; and the same is true of the raw yolk. Beef juice and clear soup are much better alone than with any other food. Olive oil is prescribed by doctors for persons who have weak lungs and low vitality tending toward thinness, and the oil is ordered to be taken on an empty stomach about five or ten minutes before a meal. One of the good signs of the times is the making of capsules of pure olive oil, two of which are to be taken a few minutes before each meal. These are often prescribed by doctors.

Butter, sugar and honey are intended to be used in combination with other foods, and for this reason should not be eaten alone.

Rule 60.—Food classes that are close to each other in time of digesting blend together in a healthy stomach.

Nature allows an hour of grace so that foods will not set up poisons in the system on slight provocation. In exceedingly strong stomachs her allowance is even more liberal. The formation of gas, or the rolling sound, or a blind pain in the region of the stomach, will indicate the fact if there is danger from the formation of poison. There should never be gas, or "wind" in the body; and never an eructation at the throat, nor a sound of rumbling thunder subdued, in the bowels.

Some of the established results are given here as the climax of many years of experiments along this line.

2. Beef Juice is better when taken alone, but it may be united with any of the ONE HOUR CLASS of foods that can well be eaten with it; bread being the most suitable of that class.

3. There are many foods of the ONE HOUR CLASS that can be eaten with butter; and some that are good with sugar, or honey.

4. All the foods that are contained in the FIVE MINUTE CLASS and the ONE HOUR CLASS should always be kept in mind; they really constitute the ONE HOUR CLASS, as that embraces everything that is digested in one hour or less.

1. If the white of egg, or the yolk, is not relished alone when raw, it may ally itself to a number of foods in the ONE HOUR CLASS, milk being the most natural, as it is composed of exactly the same elements as the raw egg.

5. Make your plans to select from time to time such foods as are within this period, and note the good effects that will follow.

It must be remembered that foods that are easily digested in the stomach are still undergoing a secondary and even third and fourth forms of digestion all the way along the tract of the digestive canal, of which the stomach is merely a part. Meats eaten after the middle of the day are sure to tax the system of a nervous person; and it is always the nervous person who loses sleep at night.

Rule 61.—The character of a meal should be determined by the use to be made of it.

This rule means that you should eat for a purpose. If there is to be a hard day's work of mind or muscles, there should be fuel in the stomach BEFORE the work is to be done, not afterwards. Therefore this class of eaters should get a good breakfast. If you cannot find an appetite for breakfast, it is due to the fact that your system is still struggling with an incautious or too heavy supper of the evening before. Omit one evening meal, and note how quickly your breakfast appetite will come to you, how speedily your morning headaches will disappear, and how soon that bad taste in the mouth vanishes. The person who says he has no appetite in the morning is like the boy whose hunger utterly failed him after his Christmas dinner; he was already over-loaded. Many persons get up in the morning with their bodies clogged with the food of the heavy eating of the preceding evening.

People who are thin, or cold, or who have poor blood, should eat for growth of extra tissue; and this requires a heavy evening meal, but not a meal of heavy foods. Bulk counts more in value than solidity of matter. These questions will be discussed in our Curative Section later on in this book. You can produce any result you wish, by eating in a certain way; and there are many different results that different people need. What one should eat, another should avoid.

MIXING THE CLASSES

The deadly enemies of human life are those that are born within the stomach and in the body, through the vicious habit of mixing the classes of foods. Rapid chemical changes set up violent poisons that cause disease and death.

FIRST EXAMPLE.—We will first take up a seeming contradiction, which is rather an exception to Rule 60, which says that food classes which are close to each other in time of digesting, blend together in a healthy stomach. While it is true that all the foods will blend and be digested together, it is better to make combinations on the following plan :

1. The juice fruits should be taken always on an empty stomach and one hour in advance of taking other food.

2. The food fruits, called sugar fruits sometimes, such as dates, figs, raisins and the like, belong with the foods that are made from flour or grains; and should be eaten at the same time.

3. At a meal where meat is eaten, it is better to omit milk, cream, bread, cake and starchy foods except potatoes; and to depend on vegetables to go with the meat.

SECOND EXAMPLE.—**MINCE PIE.**—The question is often asked why mince pie will not digest readily when it is made at home of the most wholesome things. The answer is simple. The different things belong to the different classes as to time of digestion. They will not digest together, and one part will ferment or set up an acute poison while the other part has all the gastric juice of the stomach. The **DRIED CURRANTS** belong to the **NEVER CLASS**, and the raisins belong to the **ONE HOUR CLASS**. The apples are chopped fine, and are nice apples, but the chances are a million to one that these very apples were not mellowed when they were chopped fine, and, even if ripe, they were not of the **ONE HOUR CLASS**; probably belonging to the **TWO HOUR CLASS**, unless they were hard apples, in which case they belonged to the **NEVER CLASS**.—The meat, of good beef and not over-cooked, would belong either to the **ONE HOUR CLASS** or the **TWO HOUR CLASS**. The piecrust, if not soggy and too crisp, may belong to the **THREE HOUR CLASS** or even later; and the spices belong to the **NEVER CLASS**.

YOU do not know that an apple that is not fully mellowed by nature is one of the wickedest things that can enter the human stomach; and how many good wives **KNOW** that the apples they chop up in mincemeat are ripe and mellow when they chop them? Cooking does not mellow them; it separates the fine fruit-cells, but it does not burst open the tiny microscopic globules that hold the distilled juice. Yet this distilled juice when set free by act of nature in mellowing the apple, is one of the greatest blessings

in life, and is missed in ninety-nine cases out of a hundred. We can make mince pie that will digest easily by leaving out the dried currants, leaving out the spices, cooking the meat briefly, and chopping in raisins and dates, with very mellow apples, and encasing the contents in a bready crust made with butter instead of lard. Yet this same mincemeat, when the apples are not fully mellowed by nature, will set up some degree of distress depending on the condition of the apples. A doctor of wide experience recently said that thousands of people die every month of acute indigestion, and ten per cent of this number died from eating mince pie, while another ten per cent died from eating sausage; and he suggested that their grave stones be so marked.

It might teach the survivors a good lesson if they were to see the CAUSE of each death emblazoned on the head stone.

THIRD EXAMPLE.—BAKED BEANS.—The question has been often asked why baked beans cause so much distress. In the first place, they belong to the FOUR HOUR CLASS. Old beans are baked. When beans have ripened, they possess hulls or outer skins that resist for a long time the action of the gastric juices. Long baking, or long boiling, may break up these hulls, which are quite thick; but such process does not help matters much. Green beans are easily digested; and become more difficult to dispose of as they approach ripeness. The fully matured bean is quite different from the tender young bean.

In addition to the condition of the bean itself, the habit of eating it with other foods that are digested more easily tends to make that unevenness of digestion that results in setting free the dangerous carbon poison. At different times and in varying conditions, we have seen the following mixture of foods at the same meals:

Beef, celery, asparagus, buttermilk and bread with Baked Beans.

Chocolate, milk, cream, bread, and potatoes with Baked Beans.

Lettuce, lamb, beets and bread with Baked Beans.

Oysters, halibut, tomatoes, potatoes and bread with Baked Beans.

These are merely sample cases. All the foods included in the above groups, except the beans, are digested in much less time than the beans are; and the result is that the beans remain in a state of active and dangerous ferment, resulting in the formation of gas on the stomach and "wind" in the bowels for days; this

"wind" being nothing less than the same carbon poison. How often after a meal in which beans were eaten, have you heard the bowels "roll" like the murmuring of distant thunder, with now and then a peal that awakens even the dozers at church? In a New England town where the good old custom of eating baked beans every Saturday evening for supper was at its height, the "rolling" at church on the next day was so distinct and so frequent that the kind hearted minister was compelled to ask his congregation to desist from eating beans on Saturdays.

BROWN BREAD is so made that it requires the same time to digest that baked beans demand; for which reason they belong together. But it is a mistake to eat anything else with them. Some kinds of brown bread will digest in an hour, some in two hours, but the Boston variety requires about the same time as the beans.

FOURTH EXAMPLE.—While beans themselves are hard to digest, a normal stomach will easily dispose of them if they are not mixed with other foods of the shorter periods. There have been many instances where men have been advised by us to eat only beans at the same meal, and they have always found relief from the annoyances of eating them with other foods. One man declared that they would cause much more trouble if some other food was not taken with them to balance them, as he claimed. So he ate cautiously of the beans alone; and, not having any trouble from so doing, he took a full meal of nothing but baked beans, not even eating brown bread with them. Then he learned, as he said, something that he had never before dreamed of, that foods that digest at different periods do not belong together in the stomach. This law was welcomed by him, and he has since declared it to be the greatest law of health.

FIFTH EXAMPLE.—BROWN BREAD.—This is regarded as hard to digest. But if you will make a meal of nothing but brown bread, and if your stomach is normal, you will find it a great food for staying powers without causing any of the distress that usually follows its use when taken with other foods.

Rule 62.—Foods that require a long time to digest are suited to people whose habits require long staying powers in their supply of nutrition.

It has been found that laborers who eat nothing but baked beans at a meal, either in the morning or at noon, will have more

endurance and power than if they had eaten foods that digest more speedily. Also a meal of nothing but brown bread will give the same results. But both these foods, or either of them, if eaten by a person of sedentary habits, will result in nervousness, for the system does not demand long time foods and is burdened in disposing of them.

Rule 63.—Persons who wish to rest their nerves and minds, and not indulge in hard mental or physical work, should eat only the foods of the ONE HOUR CLASS.

Rule 64.—Persons who wish quiet nerves and yet who desire sustenance for activities, should eat foods of the TWO HOUR CLASS.

Rule 65.—Foods should be selected in advance of the uses for which they are eaten; not after such uses.

Eat ahead, is the meaning. If you need staying powers for a hard day's work, do not eat the staying foods AFTER the work is done. Yet most people do this on the theory that they need to repair the damaged system. This is like hitching the horse to the back of the wagon. All persons who have given the matter a thorough test, time after time, and under all conditions, have come to agree that the food must be taken ahead of the use to which it is to be put. If you are to drive a horse on a long journey, you will feed him for it before he starts; and if on a fast journey, you will give him a larger proportion of oats for that purpose. When he has a period of rest before him, he is fed for the rest, and not for hard work; or else he would be sick.

Rule 66.—Persons who seek perfect health should avoid all foods of the THIRD HOUR, FOURTH HOUR, FIFTH HOUR, and NEVER CLASS.

This does not mean that all such foods are useless. They merely do some degree of harm when eaten by those who wish to secure the best health.

Rule 67.—If a meal is made up of foods in the TWO HOUR CLASS, it should exclude all other foods except those of the FIVE MINUTE CLASS.

The reason for admitting the FIVE MINUTE foods with those of the TWO HOUR CLASS is plain; they are so quickly digested that they do not hold back the digestion of the other foods more than five minutes, and this is not long enough to start ferment. It is in this rule of nature that her plans are seen at their best.

Butter and sugar, and sometimes other foods are helpful in giving flavor and attractiveness to foods in the longer time classes; they serve their purpose quickly and are gone, leaving the main meal to be digested evenly in the stomach. This is an enormous advantage to health. Raw milk and cream, while in the ONE HOUR CLASS, are generally digested by normal stomachs in from ten to twenty minutes, and will blend with many of the foods of the TWO HOUR CLASS without fermenting. A leeway of an hour or more is allowed by nature in some instances, depending on the health of the digestive tract.

SIXTH EXAMPLE.—PIES.—We have discussed mince pies, as they stand in a class by themselves, owing to the indigestibility of their contents. But there are other pies that are indigestible because of the difference between the time of the crust and the filling. Squash, especially the winter kinds, make excellent dishes when served as vegetables; but, when put inside piecrust, there is a difference of two or three hours or more between the digestive time of the filling and the crust, if the latter is crisp. The same is true of custard pie. Custard alone is a wholesome food, but it is digested readily, while crisp crust is not. As piecrust gets old and loses its crispness, its indigestibility is lessened; and for this reason the pies that "mother used to bake" did not hurt as much as those now in vogue, because mother baked hers in quantity and they lasted a week or more. She had her "pie-baking day" every week. So she had her "bread-baking day" once a week, and new bread was not as common as now. Such conditions help, but in former times they were offset by other conditions that did not favor good health. A pie may be defined as a combination of two or more foods that do not digest together.

SEVENTH EXAMPLE.—EGGS.—While the white or yolk of an egg is digested in five minutes if raw, the cooked yolk requires an hour, and the cooked white requires even more than an hour, depending on its hardness. A soft boiled egg averages about an hour for both parts. A fried egg, if hard and crisp, will not digest in much less than five hours. The yolk, however, if not fried in grease and made very hard, will always digest much more easily than the white when the latter is cooked hard. It is much better to separate the two parts, as they are totally different kinds of food, and cook the yolks by themselves. They can then be powdered and seasoned, and served on toasted bread, making a

complete food, even with white bread, for they supply the elements that are lacking in white flour. Yolks restore to such flour the meat value that is found in the whole wheat, less the bran or hulls. The white of an egg is closest to the perfect body in its elements.

EIGHTH EXAMPLE.—HAM AND EGGS.—Many persons make out a meal on this combination. Fried ham and fried eggs blend together nicely and stay with a person more than four hours; hence belong to the **FIVE HOUR CLASS**. The person who eats them should be a laborer, and they should be eaten in the morning or at noon, but never later than the midday meal. A weak stomach would rebel against them. At the same meal, it would be proper to eat cheese, or clams, or hard fried potatoes, patties, pastry, suet pudding, and fruit cake. This is the heaviest combination possible, unless a person intends to commit suicide by the acute indigestion route. The fruit cake may cause trouble if it is made of parts easily digested mixed with the harder parts; but if it contains suet, dried currants, citron and spices, it is in the five hour class, or the never class. The latter is not necessarily dangerous, as the foods that do not digest at all are often driven out of the system without even setting up carbon poison. Thus a meal of gravel is less hurtful than mince pie or sausage: the gravel will not ferment in the body, and both mince pie and sausage will. Ham that is fried lightly after being well boiled, and eggs that are fried soft, do much less damage than the raw ham fried hard with eggs fried to a crisp.

NINTH EXAMPLE.—LARD.—This article of food has been placed in the **FOUR HOUR CLASS**. It might have been put in the **NEVER CLASS**, as the gastric juice will not act upon lard, nor act very readily on any form of pork fat. But in the process of half ferment, lard changes its nature somewhat in a perfectly healthy stomach, and is assimilated to a slight degree. Yet when a person is starving, or the body is emaciated, lard is digested to a much greater extent, especially in winter. It does not build tissue, nor aid in making a normal body, but serves to repair the cells where fat is generally accumulated in the body. People between the ages of eighteen and thirty can digest lard under the most favorable conditions, in which case it requires four hours for the process. After a person is thirty years old, the less lard and pork fat that is eaten, the better; for there will come a time when

the great battle must be fought to keep the breath in the body, and lard-made flesh is not a safe basis for success.

TENTH EXAMPLE.—DOUGHNUTS.—These, and crullers, are pieces of dough fried in lard or some substitute for lard. The inside part, assuming that it has not soaked the fat, is digested in TWO HOURS, while the outside is digested in FOUR HOURS or longer, depending on the crispness of the surface. This presents an unevenness of time that is sure to set up carbon poison in the body. But if lard is used, then there is another reason why doughnuts are not good for a person. Substitutes for lard may be of a non-food character, like some vegetable fats, and thereby cause distress unless the system can throw off the foreign matter. It is, however, perfectly safe to say that any substitute for lard is safer than lard as a food. Sometimes, when doughnuts are cooked once a week and a supply laid aside, they lose their crisp surface; and, if they have not soaked fat, they are more evenly digested than when new.

ELEVENTH EXAMPLE.—CHIPS.—What are known as Saratoga Chips, or potatoes fried so hard that the whole nature of the potato is completely changed, may be digested by very healthy stomachs in five hours; but, when hot from the fat, they are practically indigestible. We know of several deaths that have followed the eating of them. CRISP foods put up in packages are of the same order, and equally dangerous. Some of them are sold with the directions to use cream and sugar on them. Now cream and sugar are both good food, and supply fuel and energy to the body; and the makers of the CRISP goods seek as much as possible to cover up the harm of eating them by the addition of something that will prove beneficial. Yet it is true that children who are allowed to eat these CRISP goods will pale and sicken in a short time. Corn-stalks, treated to chemicals and fats, enter largely into the making of some foods that are sold in the most beautiful packages under the glowing praise of great advertising, and with the promise that they will build brain, nerve and flesh. The safe way is to let all package goods alone, and all canned goods alone, and all glassed goods alone. Otherwise, you will be buying and eating chemicals, preservatives, poisons, and rubbish garnished up to look like food. Only weak-minded persons believe food-advertisements and medicine-advertisements.

TWELFTH EXAMPLE.—CHEESE.—This is made from milk, and milk is the one great food of humanity. Why, then, should not cheese be as digestible as milk? The Sixth Law tells us that foods that may be wholesome in one form may not be wholesome in another form. Cheese is milk that has been acted upon by the animal stomach known as rennet, or the inner lining of the calf's stomach, which causes coagulation. This new condition makes milk cheese, and adds very much to the difficulty of digesting it. When a person swallows milk rapidly so that it is not salivated at the mouth, the milk turns to cheese in the stomach, and becomes a source of danger. When salivated milk turns to cheese, it shows that the stomach is inflamed. A healthy stomach will readily digest all milk that is properly swallowed. Milk never disagrees with a person; but a person very often disagrees with milk. The test of health is the ability to digest milk properly. Melted cheese, as in Welsh Rarebit, cannot be digested in less than eight to ten hours. A party of good-looking women of the social set, who played cards until midnight six nights in the week, ended their evenings by a hearty meal of rarebit; and, so fond were they of it, that they named their society "The Rarebits." In one week after they began this practice of eating at midnight a food that could not be digested before the middle of the next forenoon, all had deep rings under their eyes, puffed faces, horrible mouth-lines and yellow skin. One died from inflammation of the stomach in a few days more, seven died within the year, and all the survivors are wretched at this time. It was an awful challenge in the face of nature. Milk, therefore, when in the fresh state, is easily digested by a normal stomach; when made into cheese, it requires five hours to digest it; and when the cheese is toasted or cooked, the time is nearly doubled. Here we see the meaning of the law that tells us that a food that is wholesome under some conditions may become hurtful when those conditions are changed.

Home made cream cheese is free from coagulation.

THIRTEENTH EXAMPLE.—SAUCES.—Wine or liquor sauces are injurious. Gravies are hurtful if not made with great care. Pork gravy is like melted lard. Old persons, and most of those in middle life, cannot digest any animal fats except butter. Some hotels buy their gravy by the barrel. Graphite, a mineral closely allied to coal, makes the basis of some gravies. It is best to avoid the unknown as long as possible.

FOURTEENTH EXAMPLE.—VEGETABLES.—What is known as a vegetable diet is not the same as a diet made up of vegetables. Suppose you desire to free your body of its broken down material, you may do so by eating for your noon meal the following vegetables from the **ONE HOUR CLASS**: Asparagus, New Beets, Celery, Lettuce, Olives, New Peas, Potatoes, Spinach, and Squash. The Olives are not a vegetable, but have the same value. You might not be able to procure all these at the same time; but as many as you can get, you can eat; and eat nothing else, no bread, no other things. This will be the first noon meal of vegetables of the **ONE HOUR CLASS**. Eat all you want, as they cannot do harm. The result will surprise you in the feeling of inward cleanliness. So will any vegetable meal. The next noon, make up your midday meal of **TWO HOUR** vegetables as follows: New Beans, Young Carrots, Parsnips, Young Potatoes, and nothing else. Both meals can be dressed with butter or cream, and of course well seasoned. On the third day, you can repeat the vegetable foods of the first day, and so alternate. In a week or two you will find your system quite clean within, and the better complexion, brighter eyes, and finer feeling will please you to an extent that you will seem like a new being come to earth for happiness instead of the misery of poor digestion and aches and pains by the dozen. These are vegetable experiments. Try them once in a while, but not constantly. Or, better still, try the **ONE-FOOD** method which we will lead you to presently. Until you have tried these methods you will not know what it is to **LIVE**. It must be remembered that these vegetable meals are taken at noon only. If you were to swing all at once from a mixed diet to a vegetable diet, you would soon be in worse pains than ever before. Nature does not allow changes that are abrupt unless there is a tearing up of the body.

FIFTEENTH EXAMPLE.—CEREALS.—The term cereals applies to all foods that come from the grains, such as oats, rye, wheat, corn, barley and rice; when these foods are not made into flour. Thus hominy from corn is a cereal, while meal from corn is a flour or meal, depending on the coarseness of the milling. Whole wheat, cracked wheat, and rolled wheat, are cereals. Groats, rolled oats, cracked oats, and oat meal are all regarded as cereals. Samp is the better form of hominy. Pearl barley is a cereal. Lay in a supply of Pearl Barley, Cracked Wheat, Rolled

Oats, Samp or Hominy and some morning make out a whole breakfast on them or as many of them as you prefer; eating milk, or milk and sugar, on them. They should not be eaten without milk or thin cream. They should be well cooked. When you attempt a breakfast of cereals, omit all else; take no meat and no bread or other thing. We wish you to note the effect of eating nothing but the cereals. When you have ascertained the full value of this method, then you will not easily be led back to your present haphazard habits.

As much better health is the result of this practice, many persons are adopting this simple diet in other meals.

SIXTEENTH EXAMPLE.—EGGS AND BREAD.—Some morning, when you wish to make another experiment, take for your breakfast old bread and soft boiled eggs, just as many as you can eat with relish. You can lightly heat the surface of the old bread, and break it into a cup of the soft egg, having the latter well salted. This breakfast will balance very nicely to alternate with the cereal breakfasts, one every other morning. Of course fresh eggs are very desirable, but cold storage eggs if in good condition with yolks whole are of exactly the same value as far as food merit is concerned.

SEVENTEENTH EXAMPLE.—MEAT AND POTATOES.—If you must have meat, then eat either beef or lamb, fresh fish or mutton, unless you can afford young fowl. But for the purposes of this experiment, make up a breakfast of beef and potatoes, eating no bread and nothing else at that meal. The beef may be broiled, or lightly fried. The potatoes may be boiled or baked. These two foods digest at exactly the same time, and, unless the meat is hard and crisp, or is re-cooked, it will blend perfectly with the potatoes in either form. Here you secure a hearty, wholesome, strength-giving meal that is digested easily and that will make a perfect body for you. While it does not have staying qualities in the stomach, it has long enduring power in the digestive tract after it has left the stomach, and its value is passing rapidly all through the body. For a noon meal, hot roast beef and potatoes, or cold roast beef and potatoes, and nothing else, will furnish a better feeling, better vitality, and better health. When these blessings are to be secured so easily, why waste vitality in digesting meals that do not blend together but that mutiny from the very start? What do you eat for?

EIGHTEENTH EXAMPLE.—CAKE.—Some mothers think that it is wrong to feed cake to a child. Many grown up persons believe that they should eat what they most crave. They claim that it is nature. Nothing is closer to nature than the young child. When it is placed at the table and sees the cake, and recalls its memory, it craves that above all else. A child left to itself would fill up on candy, sugar, sweets and dessert regardless of the plainer foods. Thus we find that the cravings of nature in young and old are not the true guide to eating. But plain cake with dates and raisins in it, is as good and as wholesome a food as the simpler kinds. It is relished better than other kinds, and this adds to its value. It is a compromise between the too rich and the unpalatable foods. A man who had no appetite for breakfast, except for plain cake, began to indulge in that. For thirty years he ate nothing but cake for his morning meal. He was a grocer, and lived into the seventies; had he been a Ralstonite and balanced his habits to suit his cake diet, he could easily have lived to be a hundred.

NINETEENTH EXAMPLE.—SUGAR FRUITS.—The sugar fruits that are easily digested are Dates, Raisins, Figs and Prunes, the last named being the least in value; and Dates and Raisins holding the highest rank. In fact there is no food that exceeds in nutrition these sugar fruits. They can be eaten on an empty stomach, and candy cannot be so eaten with safety. They can be made into most any dessert and still remain a plain food. They can be made into bread with flour, and thus establish a balance of value. But they can be eaten as a mid-forenoon lunch, and give strength to the body. Try them in bread and cakes, and bready cookies.

Milk blends most naturally with this line of food.

TWENTIETH EXAMPLE. — SELECTIONS. — If original nature is to be believed, the only true bases for foods are wheat and blackberries, both of which are waiting for the coming of man on earth countless ages ago. But they were starting points only. They taught humanity that cereals and fruits were the true and ideal foods; and we have never yet been able to improve on old Mother Nature. But the human race, in all the after ages, has been experimenting and testing poisons, semi-poisons, and part foods in the effort and hope to find a large variety. The result is that nearly everything that is placed on the table today as food is

more or less injurious. In other words, man is made the target of guesswork, and has to pay the severest of all penalties, a broken down digestive system.

Taking this book of **LIFE BUILDING** as a correct guide, it is the part of wisdom to make a list for yourself containing all the eatables that are described as beneficial. You can make such a list very easily.

TWENTY-FIRST EXAMPLE.—FIRST CHOICES.—Having resolved to eat the food that you list from this book as suitable for you, the next step is to ascertain what kinds shall be given first choice in your selections. The better way is to have all varieties of foods cooked for you, say two or three at each meal, or more if you prefer. If, at any meal, you find any one article that suits you, and that is cooked in a way to please your palate, then set that aside on your list as the basis for a **ONE-FOOD MEAL**; for that is the tendency of modern civilization.

Here we open the way for the next great step in this method.

But do not think that a one-food meal is to consist at every meal of the same kind of food. Variety may be very great and ingenious by selecting many kinds of food for many different meals, with only one kind at each meal.

This is the royal road to a new era of health, as we shall see in the next Section.

The fourteen elements required to build the human body are: 1, Oxygen; 2, Carbon; 3, Hydrogen; 4, Nitrogen; 5, Calcium; 6, Phosphorus; 7, Sulphur; 8, Sodium; 9, Chlorine; 10, Fluorine; 11, Iron; 12, Potassium; 13, Magnesium; 14, Silicon.

The seventeen nature-combinations required to build the human body out of the above elements are: 1, Albumen; 2, Fibrin; 3, Fat; 4, Salt; 5, Water; 6, Gelatin; 7, Lime Phosphate; 8, Lime Carbonate; 9, Calcium Fluorid; 10, Soda Phosphate; 11, Potash Phosphate; 12, Magnesia Phosphate; 13, Soda Sulphate; 14, Soda Carbonate; 15, Potash Sulphate; 16, Peroxide of Iron; 17, Silica.



SEVENTH SECTION

ONE-FOOD MEALS



AS WE PROGRESS in the work of unfolding the vital laws of life, we drift gradually to that shore where alone the secret of safety can be found. It is not disputed that thousands of men and women, as well as the young, die every year, yes, every month, by mis-using the digestive organs. It is not denied that certain food combinations bring quick death. It is a well known fact that acute indigestion is acute poisoning from carbon gas generated from the struggle that takes place three times a day in the stomach; ending, once for all, by the quick stroke at the heart.

The most obvious fact in modern history is the rapid increase of diseases, and the still more rapid increase in the number of doctors and medicines, of surgeons, hospitals, instruments, nurses and the awful pageantry of endless funerals, taking from the scenes of life the very people who are needed in the world and who have a right to live. Count them! Count those of your acquaintance who have gone, too early, to their graves. Your time may be close at hand! No one knows what is to be the result of tomorrow's indiscretion at the table.

Yet it is well known that there must be two causes for every disease, one of which is the presence of poison within the body.

If you are able to build the needed tissue that makes all your body, with its organs, nerves, bones, flesh and brain; and if you are able to so build all this tissue that there shall remain in the body none of the enemies of life, then the **FIRST CAUSE OF DISEASE** cannot exist, and the second cause will be helpless; for it takes two to make a fight.

To make the FIRST CAUSE impossible, it is necessary merely that you shall permit none of the enemies of life to exist in your body. These enemies, as already stated in the preceding Rules, are as follows:

1. Used-up matter in the body, known as dead tissue. (Rule 29.)
2. Non-food material that is eaten daily. (Rule 39.)
3. Poisons generated by indigestion. (Rule 40.)
4. Adulterations and Preservatives. (Rules 52 and 53.)

Classes in hygiene are memorizing all the Ralston Rules of Health.

The whole fight for perfect health is ended when these enemies are mastered. This fact can be easily proved in your own life. And the strange thing about it is that this fight is waged in one line of battle only: FOOD SELECTION.

As all roads that lead to the top of the mountain become one at the summit, so all the teachings that have thus far been given in this work, bear toward a single climax, which is contained in the following law:

TENTH LAW:—Perfect health follows the perfect digestion of perfect food.

A food is perfect that will cause tissue to grow instantly in any organ of the body, or other part; or that will make blood of so high a quality that wounds will heal completely in a few minutes. These are merely the tests of the climax of success.

The best foods are inclined to become more or less antagonistic when they meet in the stomach. In fact there are but few foods that will digest at the exact time together; they may be ten, fifteen, or thirty minutes apart, and yet belong to the same class. The one true object of eating is to make new tissue of the best quality. Tissue makes the whole body, and varies in quality; pork-made tissue is quite different from beef-made tissue; a "pork-skin" shows the kind of food that made it, as anyone can testify who observes faces.

ELEVENTH LAW.—Combined perfection of food and digestion is found only in one-food meals.

When we talk about ONE-FOOD MEALS we lift the curtain of the far distant past, when humanity knew no other kind of

eating. As luxury has weakened the body, so it has weakened the judgment, and the society meal of today boasts of its many courses. By a private record based on direct knowledge, we have in the past twenty years or more collected the results of over-eating in the lives of prominent people in social and public position. We find that no less than 128 Governors and high officials have been stricken by acute indigestion. Governor Flower of New York died of eating radishes. Vice-President Henry Wilson, who was elected with General Grant, died from indigestion following a hearty meal. More than two hundred millionaires died from the same cause, some at the table, and some soon after, as in the case of Havemeyer the sugar king. The pastor of one of the most fashionable churches in Washington died from acute indigestion, and, in a year afterwards, the assistant pastor of the same church fell dead at the table while dining with the widow of the same pastor; both noble lives being snuffed out in a flash; the younger man being robust and not yet in his prime, the picture of health. More than six thousand society women have died at the table or soon after, in the same night, following great dinners; and these are but a small proportion of the great army that we have not had direct information about. The more courses in the meal, the greater the danger. Iron-clad stomachs may escape today, and fall in the slaughter tomorrow. The fewer the courses, the safer is any meal.

These facts being true, the Eleventh Law is necessarily true.

A ONE-FOOD MEAL consists of one food only, having no composite materials in the making of that food. Thus, mince-pie is not a one-food article as it consists of piecrust, apples, dried currants, raisins, spices and other things. Hash is not a one-food article as we do not know what it contains. But if it were merely meat chopped fine, it would not be wholesome as it might contain re-cooked meat which is not perfect food. Pies are not one-food articles because the crust and the contents are not the same. The examples given in this Section will follow on from those that are presented in the Section next preceding this.

TWENTY-SECOND EXAMPLE. — BREAD and MILK. — These two articles digest at exactly the same time if the bread is not new. New bread is harder to digest, and contains some of the very best poison that causes acute indigestion. But bread that is from one to five days old, is exactly the same food as milk as

far as digestibility is concerned; and each helps the other. Milk alone is not as good, and bread alone is not as good. The breaking of bread into the milk helps the flavor and acceptability of the latter; and the milk helps the value of the bread so that the two make as perfect a food and tissue-builder as can be found. It is a fact that can be easily proved that, week in and week out, month after month, President Roosevelt during the seven and one-half years of his life in the White House, ate for his midday meal a large quantity of bread and milk, with no drink but water, and often none of that during the meal. Nothing else was eaten at the noon meal. He said that he received more strength and vitality from that simple diet than he got from any of his other food. No man living possessed more energy and greater powers of endurance. He was never ill, in those years. *He ate for health.* Most persons live to eat, and they scoff at the simplicity that brings the glow of health to the body, the good blood to all the organs of life, and brightness to the eye, with energy in excess in every nerve. The author of the seventy Shaftesbury works, made his noon meal for many years of bread and milk, and never knew illness although he worked eighteen hours a day for more than thirty years. There are men today who owe their extraordinary vitality to their adoption of the bread and milk diet for one meal a day. This helps to that extent. The benefits that arise from it are often enough to overcome most of the evils of the indiscretions attending the other meals. The worst part of the high cost of living is the money that is wasted on foods that cost vastly more and that are mere rubbish. A glance at the table of rich or poor will disclose the presence of much so-called food that serves no purpose at all in building the body.

TWENTY-THIRD EXAMPLE.—We do not recommend the same food for different meals on the same day. If bread and milk is taken as one food, it should be confined to one meal only. The second meal may consist of a one-food article that is different; and the third meal may consist of another one-food that differs from both of the others. Yet we know of over a hundred persons who could not find health by doctoring, who fell into the habit of the bread-and-milk meal at midday; and who, receiving so great benefit from the change, adopted the same food for all three meals. They were told that it was not necessary. But they set themselves to the task of self-denial as all foods had hitherto given them

distress, and they did not care much what they did if they could obtain relief. In every such case, covering many years in all of them, they grew into perfect types of physical and mental health. Yet they were too severe in their methods. They preferred, however, the enjoyment of freedom from misery to the enjoyment of eating. There are today scores of men and women who, from their own choice alone, are eating bread and milk three times a day, and gaining health, strength and vitality by so doing; yet we think they are doing wrong to deny themselves some pleasure in eating. The bread and milk diet is not necessary even for one meal a day, except during a brief period in which better health is sought. It is a curative method rather than a permanent one.

TWENTY-FOURTH EXAMPLE.—THE SCOTCH.—When traveling in Scotland the visitor may be surprised to learn that the plainer classes of people eat porridge, or “parritch,” three times a day. It is the only food for breakfast, for dinner and for supper, and is made of groats or oats with the hulls removed. Under average conditions of cleanliness and otherwise, this single food brings uniformly good health; sickness always being charged to personal habits, or departures from the simple diet. Among the middle classes, there is but one porridge meal each day, and the health is not as good as among the humbler classes. The variations of food are generally along lines of sheer abuse of the stomach. While we do not advocate the porridge diet, we state these facts to show that perfect health is more easily attained by the adoption of one food than by the use of many.

TWENTY-FIFTH EXAMPLE.—A man who had been on the verge of death for some time because of a disordered stomach resulting in severe inflammation, was starved for a week by his doctor, and then given a mouthful of milk, with instructions not to swallow it, but let it pass of itself to the throat. The patient said that, in all his life of luxurious eating, he had never tasted anything so good before. It was heaven to him. The dislike of milk is due to the accumulations of poisons in the body. When milk is made fun of or regarded with scorn, it is safe to say that the person who rejects it is very far from possessing sound organs in the body, or pure blood. The patient referred to above, after his mouthful of milk, begged for more milk, and was not allowed anything else for three more weeks. He seemed to be grateful to an extraordinary degree when his craving for milk was satisfied.

In the same way the child, or perhaps many grown persons who are given frozen milk made into ice cream by a little sugar and flavoring will accept it eagerly if very hungry. The man referred to got well, and has never tasted anything but milk since. This was years ago. Most doctors do not think milk is vital enough to give nutrition to a strong man, but this was a case where the patient was glad to escape death, and has ever since shown his appreciation of the food that saved him. Physicians today declare that there are thousands of people who are living on nothing but milk; but the cases are so widely separated that they do not become generally known. We do not recommend this one-food as a regular diet, for it would not meet the demands of strength in most people; but we state as a principle that it is possible to live for a lifetime on milk alone. In any one-food diet there is no danger of any of the enemies of life taking possession of the body.

Rule 68.—As variety of food is lessened, the enemies of life lose their power to do harm.

TWENTY-SIXTH EXAMPLE.—Thousands of men and women who were victims of diabetes which is generally incurable: and never cured except by diet: have been compelled to adopt a diet of skim-milk and gluten bread; not the drug store gluten, but that made specially by mills for such maladies. We have personal knowledge of remarkable cures that have attended this skim-milk treatment; in some cases the patients living for many years and retaining their new-found health until they shifted back to their diet of variety, when the malady would at once reappear. Skim-milk and stale whole-wheat bread is a diet that is strictly one-food, as the milk and bread are similar in value, and digest exactly together; and this food is being used today among diabetics, together with physical activities that are capable of keeping them from sleeping too much. The disease itself invites dead sleep, and a one-food meal makes the desire for sleep normal except in this malady. We know today of many persons who retain their health after having been on the verge of losing it beyond hope; and their escape is due solely to skim-milk and stale whole-wheat bread.

TWENTY-SEVENTH EXAMPLE.—For the purpose of trying to test the value of this diet, we selected some years ago a number of persons who were in ill health, and who were very fat. The more they tried to reduce their flesh, the more they suffered

from general ill health. They were induced to try for three months a diet of skim-milk and stale whole-wheat bread, drinking only water; and this they did, eating nothing at all but the one-food mentioned. In less than six weeks, all of them had lost the dangerous surplus fat; all of them had thrown off all the illness and troubles that kept them ill; and, after the end of three months, nineteen of them chose to continue the diet that had thus brought them out of the land of misery, and they are eating nothing else today, except that, where three of them found themselves getting thin, they substituted whole milk in place of the skim-milk, and so came into their natural and normal weight. Of course no one wants to adopt a diet of skim-milk and stale whole-wheat bread, but the facts are worth knowing in case sickness comes unexpectedly.

Rule 69.—The one-food diet effects cures that medicines utterly fail to accomplish.

In the presence of the natural laws of life, medicines and drugs are as helpless as a flake of ice suspended over a red hot fire.

The time is close at hand, as all modern intellects among the doctors admit, when food selection will wholly take the place of medicines.

Successful physicians everywhere are curing disease by the Ralston Rules.

TWENTY-EIGHTH EXAMPLE.—Buttermilk is, as is well known, a whole food, and much more effective than milk. It is capable of sustaining life forever, except against the ripening of the body, which nothing can fully repel. "Drink buttermilk or die," was the command given by a very intelligent physician to a business man who had been sent home from the hospital to arrange his earthly affairs and bid farewell to his family. He even sent for his friends, one and all, and had his final talk with them. Then he heard through one of them of the intelligent physician. "There is no harm in drinking buttermilk when I am dying, although I am frank to say that in life I would not think of drinking it under any circumstances. But it may keep me here for a week or two longer." So he began to drink it in small lots, just to humor his friend and the doctor. In two weeks he sent for some of his friends again, and had another final talk with them, and he never forgot to keep his family informed of his preparations for departing this life very speedily. "My diet consists of ice water and buttermilk," he said; "and if this diet keeps away the

fatal illness, it of itself ought to kill me, for it is very thin compared with the square meals I have had all my life." Still, after months had passed, and he was getting on his feet, and giving orders for the renewal of his business affairs, he believed that he was a dying man, but not dying as fast as he had been. That was many years ago; and he is as vigorous and healthy as the strongest man that eyes ever looked upon. Yet, to emphasize his opinion of what a square meal ought to consist of, he takes nothing but ice water and buttermilk. His doctor says: "The man is fully able to eat anything, but he seems so grateful to his buttermilk diet, that he has resolved to cling to it as long as it does him good." The man himself says today: "I know I can eat anything that is fit to eat; but what is the use? As long as I feel fine and enjoy life keenly what will I gain by starting in on a line of eating that brought me to the edge of the grave?"

His case is merely an example of what can be accomplished by making use of a one-food article when it is a perfect food.

TWENTY-NINTH EXAMPLE.—Raw eggs make a perfect one-food; and, when taken with milk, they blend together. This is the most modern hospital treatment for consumption. But eggs are not so clean a food for the body as milk; and the yolk of an egg is less to be desired than the white. In most cases the white is to be preferred. People who have lived for months on raw eggs and milk have thrived fairly well; but where the white only has been taken with the milk, the health has shown more marked improvement.

THIRTIETH EXAMPLE.—There are a number of instances where whole wheat, freed from its bran, has been eaten in pudding form. By boiling it in a bag, and then eating it with sugar and milk, or with milk alone on it; or by cooking it in a water like corn meal mush, and eating it with milk or with sugar and milk, or with butter only; a one-food diet has been established that seemed very effective. To make the test, one man agreed to live on this food three times a day, drinking water only, and never allowing anything else to enter his mouth; the diet to be continued as long as the man could stand it. He was in perfect health to begin with although sometimes troubled with indigestion. At the end of six months, he stated that he liked the effect of the diet, as he seemed to be better qualified for mental and physical duties than ever before in his life. He then continued the plan for six years, with such

results that a scratch or cut on his body or any flesh wound, no matter how deep, will heal instantly, showing a high degree of health not hoped for by the most sanguine scientists.

THIRTY-FIRST EXAMPLE.—Following the first stages of the experiment just referred to, we had a large number of invalids adopt the whole-wheat pudding diet. Most of these people were afflicted with gastritis, and were also victims of rheumatism, neuralgia, headaches and poor blood. Some took kindly to the food after the first week, although not one cared for it in the beginning. It distressed a few, but they were assured that the trouble would disappear as they pursued the diet. In three months, all were well; and today most of them are still using the pudding diet for their breakfasts, while a few of them still use it for both breakfast and supper. But there is no person to be found anywhere who looks to possess better health than each and every one of these sensible people.

THIRTY-SECOND EXAMPLE.—In place of whole wheat, the attempt has been made to substitute corn meal for a one-food diet. But, after a few weeks of use, it caused sores and pimples, showing that it is not a fully balanced food to be used three times a day year in and year out. But there have been tribes that have used it in that way; and the Puritans in New England, during many years, had nothing to eat except maize or corn, varied with fish or flesh secured from hunting. Historians agree that their simple diet, made necessary by their conditions, was helpful in the building of a sturdy race in face of exposures almost unprecedented. Corn meal as a single food for a meal now and then is excellent. As the food for one meal only each day, it may be employed indefinitely. But it is not a complete tissue-builder like whole wheat, milk, eggs, oat porridge, and other foods.

THIRTY-THIRD EXAMPLE.—Baked potatoes, if not too new, or too old, and cooked to a mealy condition, serve as a one-food diet for three meals a day, as long as a person chooses to maintain the experiment, provided they are dressed with milk and salt. Several men who sought to find the value of potatoes as a single food, used them baked for breakfast, with salt and milk; and boiled for dinner, dressed with butter; then at evening lightly fried in butter. They found that they could rely on this diet for years, and would gain in vitality and health. Their minds became exceedingly clear, and their energy for endurance was never so

good. Yet in all the time of this experiment, they drank only water, and tasted nothing else but the potatoes served as stated. Others have tried this diet with similar results. It seems that a baked potato may be eaten by one who is suffering from indigestion, and gradually the malady will subside if only the one food is used at the same meal. The trouble comes from mixing foods.

Rule 70.—Variety of meals is better than variety in a meal.

This means that it is better, instead of having several different kinds of food at the same meal, to make one meal differ from other meals. We believe in variety. We used to believe that the same meal should contain different foods if they harmonized and blended in digestion; and this belief is still well-founded. But in the search for a degree of health that shall far outrank the best health ever known in the past, new rules are necessary. For this reason, and in view of recent discoveries, it is important that the conditions of body building that bring the speediest results should be adopted. If you can get back perfect health in six months by a course that is correct, and can get back perfect health in three weeks by a course that is newer to science, good judgment demands that you adopt the better method.

THIRTY-FOURTH EXAMPLE.—Rice and Raisins.—Several women who have tired and sickened on the heavy evening dinners that are the fashion in some places, were advised to make suppers instead and eat only Brown Rice and Raisins. The two blend as perfectly as if they are one. The rice was boiled in a way that made it very light, and the raisins were put in just before it was done, so that they received but slight cooking. This single diet proved so great a success that it became popular with hundreds of their friends. It proved a real blessing. Nothing else was eaten, and the only drink was water.

THIRTY-FIFTH EXAMPLE.—Baked Sweet Apples and Milk.—A certain class of sedentary persons have no appetite for breakfast. This indicates an abnormal condition in the digestive tract. It was cured by adopting suppers composed wholly of milk with baked sweet apples; but great care was necessary in choosing apples that were fully mellowed and ripened. This combination changed the whole character of the health wherever it was adopted. As all the participants said, "It certainly accomplished wonders."

THIRTY-SIXTH EXAMPLE.—A very interesting experiment was undertaken by a group of men who made up their midday meals

of vegetables in the following manner: On Monday at noon they ate nothing but asparagus. On Tuesday at noon they ate nothing but young beets. On Wednesday at noon they ate nothing but boiled onions. On Thursday at noon they ate nothing but green peas. On Friday at noon they ate nothing but green beans. On Saturday at noon they ate nothing but stewed parsnips. No bread or meat or other thing was eaten, and the only drink was water. This is an extreme diet; but it showed in its results that it is right and what nature intends. The finest horses may be fed on nothing but pasture grass for six months, and thrive on the single food. The stomach of the horse will not stand as much abuse as the human stomach. We are not teaching the vegetable diet for humanity, but are showing how much value nature places on the one-food method. It is in fact the only way of escaping the ills of life.

THIRTY-SEVENTH EXAMPLE.—We have spoken of certain men who could not eat baked beans in connection with other foods at the same meal, but who could eat a large quantity of baked beans at the same meal if nothing else was taken, and if the only drink was water. This fact has been verified hundreds of times by others who wished to try the experiment. So there are persons who cannot eat brown bread with other foods, but who can make a whole meal of nothing but brown bread with safety and benefit. The stomach troubles disappear.

THIRTY-EIGHTH EXAMPLE.—Reporters who do night work are fond of oatmeal for supper. In connection with a variety of foods, this proved too heavy. We advised them to eat nothing but oatmeal during the meal, and to drink nothing but water. The result was that they ate more of the oatmeal and found that it agreed perfectly with them. The same advice has been given for breakfast to those who have hard work to do in the daytime. A morning meal of nothing but oatmeal is decidedly an advantage; while the eating of other things with it, is a disadvantage both to the health and the ease of digestion.

THIRTY-NINTH EXAMPLE.—**SAMP.**—A breakfast of nothing but oatmeal with milk, or with sugar and milk, is very refreshing. For sedentary people it is too heavy if continued day after day. Samp is a splendid substitute for those who do not have hard work ahead, although samp is equal to any demand that may be made on the vitality; but, being free from the hull of the grain,

it is not so rough as whole oats. A party of men once said to us: "We would like advice as to what we should eat for breakfast for the next two weeks." Our reply was, "Try samp and milk, with as much or as little milk as you prefer." A month later these men said in effect, "Our health and general vigor have so much improved that we have concluded to adopt this one-food breakfast all the time. Will it be best to do so?" The answer was that nothing could be better; and the after results have proved the correctness of the advice. The only trouble is that the food is low in price and therefore not appreciated.

FORTIETH EXAMPLE.—We entered a competition as follows: One hundred men were selected. Fifty of these were chosen by lot for our test, and the remaining fifty for medical advice. The contest was between the food that the Ralston Health Club would select for three months' breakfasts, and the food that the best medical advisers would select. Our fifty men were told to eat samp and milk every morning; nothing else to enter the stomach except water; and the amount of milk to depend on the choice of the men, each according to his desire. The fifty who were advised by doctors had an elaborate plan of eating arranged for them, averaging five articles at each breakfast. The other meals were to be chosen by the men themselves without any advice, hint or suggestion whatever. The fifty men who fed themselves mornings on samp and milk for the three months were, at the end of that time, brought together with the fifty men who had been advised by doctors; and the difference was so sharply shown in the brightness of the eyes and the clearness of the skin that the doctors themselves admitted that the one-diet method was by far the best. The general health was also fifty per cent. better in our fifty men, and this spoke volumes. Since then the medical men have become enthusiastic supporters of what they call the mono-diet, and many articles have been published by them on that subject.

FORTY-FIRST EXAMPLE.—When there is but one kind of food at a meal, it is not usual to over-eat. When there is a variety of foods at the same meal, there is always a great temptation to over-eat, which is a direct abuse of the stomach and health. Over-eating is one prolific cause of the presence of the First Enemy in the body. To fight this enemy is important at all times. Added to the advantage of the one-food diet, is the habit of salivating the food thoroughly in the mouth. The result is that no more

will be eaten than the system can dispose of, and this means the end of the First Enemy.

FORTY-SECOND EXAMPLE.—A pudding made of corn starch and eaten with as much or as little milk as may be desired, is an excellent evening food, and has been used alone at the supper table, always with advantage. It shows one of the many things that can be used for a one-food meal, adding variety to the different meals, but omitting all variety in any one meal itself. This distinction is very important. It has been found to be better to change completely from one kind of food to another, and thus bring variety to the diet, without using two foods at the same meal. Of course humanity is not ready to adopt this method yet, for it prefers to spend a dollar for a variety of foods that mean nothing to the health, in place of five cents that will bring perfect health. People waste ninety-five cents in every dollar they spend today, and at the same time protest against the high cost of living.

FORTY-THIRD EXAMPLE.—Meat Stews that are made only of meat cooked in water and duly seasoned, may be eaten with bread or potatoes, or both, as an approach to a one-food meal. The water should not be allowed to steam away, as the remaining water would contain old age matter. This dish is a common one, but is spoiled by other foods at the same meal that do not digest with it. There are many thousands of people who make a noon meal of this kind, omitting all else, and taking no drink except water. Coffee holds back digestion, and tea poisons the food.

FORTY-FOURTH EXAMPLE.—Vegetable Stew made up of the nutritious roots, such as beets, turnips, carrots, parsnips and celery, while not a strictly one-food dish, serves as a valuable approach to it. Meat may be added when desired. The stew should not be cooked by open boiling which sets free the valuable parts of the water and the vegetables; but should be confined as closely as possible to keep the distilled water in the contents. The value of this dish is in the fact that it alone constitutes the whole meal. It is by mixing other foods with it, or in preceding or after courses that the harm comes.

All Five Life Enemies are summarized on page 66.

The First Life Enemy is the broken down tissue within the body, referred to under Rule 29. This tissue, like any dead matter, generates the poisons on which diseases are based.

TWELFTH LAW.—Two of the Life Enemies, the First and the Third, may be overcome by the adoption of one-food meals.

It must be understood that this Law refers to meals that contain only a single article of food, not to meals that are all based on one food alone. The distinction must be kept at all times in mind. For instance, it is easy to arrange a whole week of meals, twenty-one in all, each containing a single article of food, and yet all twenty-one different from each other. On the other hand, if you are suffering from some malady that your best medical advisers pronounce incurable, and your life can be saved by adopting one food for all your meals until you are out of danger, you are quite sure of making the sacrifice for that end. Ordinarily you wish your food to please you; but life and a plain diet for a while, are better than an early death celebrated by the pleasures of eating.

THIRTEENTH LAW:—The Second, Fourth and Fifth Life Enemies are overcome by Food Selection.

These three Life Enemies are all that remain; and all five are conquered in the manner set forth in this and the preceding Law.

While you may easily arrange twenty-one meals for the week, each different from all others, and none containing more than one food, it is not necessary to be so exact. The only point is to prepare each meal of one food, and then repeat that meal as often as you relish it. The first attempt will not please you, for your system is loaded with dead tissue and poisons that repel all wholesome offerings. The more you are out of order, the less you will appreciate the right kind of food. A normal and healthy body takes kindly to milk; and, when there is a dislike for milk, or a rejection of it by the stomach, it is certain that there are poisons in the blood, gastric juices and membranes that make the milk seem very objectionable. So you may take this rule as a guide: When milk is unwelcome, your body is loaded with the dead tissue that sooner or later must invite disease.

On the following pages are found some almost single food meals. They are suited for different classes of people at different times of the year, as preferred. They are experimental only.

THE SIMPLE LIFE

OR SINGLE MEALS COMPOSED OF ALMOST ONE-FOOD ARTICLES

Rule 1.—Adopt only those you relish. Omit all others.

Rule 2.—Observe the difference between cold and warm seasons.

Rule 3.—Observe the meals designated “staying powers.” They are for hard workers or people who need heavy meals.

Rule 4.—Do not mix any two of these meals at the same time.

Rule 5.—These are experimental and not regular meals.

SIMPLE-LIFE MEALS FOR BREAKFAST.—Select any one, but one only, of the following foods for **WARM WEATHER BREAKFASTS**: Sunday: Oatmeal and Cream, with or without sugar. Monday: Hominy and Cream, with or without sugar. Tuesday: Asparagus and Toast. Wednesday: Half-and-Half, Oatmeal and Wheat. Thursday: Cream of Wheat. Friday: Tapioca and Cream; avoid pearl tapioca. Saturday: Rolled Wheat. The above are known as warm weather breakfasts of the simplest and most nourishing kind. Eat until satisfied. If you prefer, you may substitute any of the cold weather breakfasts, or any of the other meals.

COLD WEATHER BREAKFASTS: Sunday: Whole Wheat Pudding. Monday: Baked or fried Corn Meal Mush. Tuesday: Boston Brown Bread and Butter; for staying power. Wednesday: Fancy Roast Oysters on Toast. Thursday: Barley Grits, Cream and Sugar. Friday: Baked Spaghetti, dressed with cream cheese and butter, for staying power. Saturday: Boston Baked Beans and nothing else; for staying power. If you prefer you can substitute the Warm Weather breakfasts, or any of the other meals.

WARM WEATHER DINNERS: Sunday: Roast Lamb and New Potatoes. Monday: Green Peas and Toast, with Cold Lamb if any. Tuesday: Spinach and Boiled Potatoes. Wednesday: String Butter Beans and Toast, with Boiled Fish. Thursday: Shelled Beans and New Potatoes with Roast Beef. Friday: Scrambled Eggs, or Baked Fish, with Toast. Saturday: Boiled Onions, Young Beets, Young Carrots, and Young Parsnips; with Cold Roast Beef if any.

COLD WEATHER DINNERS: Sunday: Turkey or poultry and mashed potatoes. Monday: Fish Chowder and crackers. Tuesday: Roast beef with roast potatoes. Wednesday: Meat and

vegetable stew.—Thursday: Broiled Steak with hashed brown potatoes cooked in oven. Friday: Fresh Fish and potatoes.—Saturday: Meat and Potato Baked Pie, biscuit crust thick.—These seven cold weather dinners, or noon meals, can be made to last for two weeks if the meats are more than enough for one meal. In a small family a roast generally lasts two or three days. Thus a turkey could be had hot on Sunday and cold on Tuesday, to save having it on two consecutive days; and the Tuesday Roast Beef could be postponed a week, or could be had on some other day. None of these meals must be regarded as arbitrary.

WARM WEATHER SUPPERS: Sunday: Plain bread-like cake with frozen custard spread on it in slices. Monday: Corn Starch Pudding with cream, and buttered pilot cracker toast. Tuesday: Egg and potato salad, with bread. Wednesday: Cream Toast. Thursday: Baked Sago Pudding and muffins. Friday: Baked Potatoes and bread. Saturday: Bread and Milk.

COLD WEATHER SUPPERS: Sunday: Oyster Stew. Monday: Beef Extract home made with toast. Tuesday: Scaloped Potatoes; and pancakes. Wednesday: Corn Meal Pudding.—Thursday: Bread and Date Pudding. Friday: Nun's Toast made of bread, and eggs; with fish cakes. Saturday: Fig Pudding made of bread, figs and milk; with egg omelet.

ALL SUPPERS the year round should be free from heavy eating; if you wish to avoid auto-poisoning and sleeplessness, eat no meal within eight hours of sleep that contains meat or other food with staying powers. Suppers or evening meals that are slow to digest invite nervous prostration, colitis, diseased organs and other troubles.

RETIRING LUNCHESES.—Just as you get into bed at night take some plain milk, or malted milk, or custard, or home made beef extract. Do this every night in the year if you are weak or do not sleep well.

SHIFT AROUND any of the meals to suit your cravings, but observe the general principles stated, and the Rules on the top of the preceding page.

Unless you are an invalid you cannot go wrong if you select your meals or some of them from the foregoing schedule. There is nothing injurious except that baked beans or old beans will not be digested by a delicate stomach; nor will brown bread suit a person of feeble health.



EIGHTH SECTION

A NEW BODY



OW COMES the great inquiry, what shall we do with the body that lacks perfect health? What shall we do with the temple that holds more bad material than good in its composition? The medicine that we take adds nothing; most of it drives away, by a rough process, a portion of the accumulated decay that floods all the organs and tissue. Five hundred years ago, the doctor said: "You must get rid of a lot of bad blood and matter in your body; and then it is time to use better material to take the place of what you drive off."

The theory was perfect.

The same theory prevailed five thousand years ago. We sum it up and see that it looks right:

1. Get rid of the bad.
2. Re-build with the good.

If you were to live ten thousand years hence, that theory could not be improved upon. First get rid of the bad; then build with the good material.

In the whole history of medicine the one effort has been made to get rid of the bad. As the bad circulated largely in the blood, they bled the patient. George Washington was bled to death by doctors, and under a method that was centuries old. It shows how close we stand to the barbaric past. They bled the sick with lances. Then they bled them with leeches; and these blood-sucking worms were cultivated and sold to doctors in great numbers all through the civilized world. If you pick up any book of

the old times, you will see the doctors called leeches. To "send for the leech" meant to send for the doctor.

By the blood-letting method a large part of the blood was let out of the body; and as far as it contained bad matter, that too went out; but the same proportion of bad matter remained in the body, which could not be let out as the patient would die from lack of blood. This barbaric practice in time yielded to the rising sun of better sense.

It was finally agreed that there was much bad matter that could be forced out through the skin; so sweating was resorted to, and soaking of the feet accomplished a part of the same end.

It was also known that the digestive tract contained a great accumulation of poisonous matter; and this could be physicked out by physics; and the doctors were ever afterward called physickers, or physicians; and are so called even unto this day.

The double method has never prevailed in fact; for, as soon as the bad matter was got out, or as much of it as was possible to get out, the same bad habits of eating were retained. Of what use is it to remove the decay from a temple and bring in more decay? It is only when a patient is convalescent that care is taken in the selection of food; after that stage has passed it is understood that no care is necessary. For this half-used method the world has paid the penalty of being constantly physicked. Ninety million people in this country last year took physic. The pill habit is everywhere prevalent. Look in your daily papers and read the advertisements telling of the merits of endless kinds of physic. Where is the good old castor oil of our youth? What millions yearly use its offspring, castoria, a household word? What millions use another remedy for clogged systems? What millions use still another purgative? What other millions use the pills that work while you sleep? What other millions use the fig preparations to loosen the bowels? What other millions use this, that or the other? Why, in a city of less than five hundred thousand people a **WHOLE CAR-LOAD** of physicking medicine enters **EVERY WEEK IN THE YEAR**, year in and year out! And this is true in the same ratio all over the country.

Why are these physicking medicines taken?

To drive out of the body the material that should never have been put in it. In every million dollars that is spent for food, there is a value of nine hundred thousand dollars that must be

physicked out of the body to ward off sickness. Surely we do not live in an age of intelligent civilization, when nine dollars in every ten must be physicked out after it has been eaten. This practice is universal. As a doctor recently said: "I have practiced my profession for forty-seven years. In that time the people have put unfit food into their bodies and physicked and sweated them out; then more unfit food has been put in, and driven out; then more in, and out; in and out; in and out; in and out; and this see-saw game of life has been the steady occupation of the human race."

If you are sick and send for a doctor the first thing he does is to "clean you out." This he does by medicines that act on the bowels and on the skin; he physicks and sweats you. Both these methods are weakening. They both take a lot of the good with the bad, and you need all the good you can get. Physicking is only a slight improvement on bleeding.

But what is the remedy?

If once you were really cleaned out, the thing to do is to avoid getting filled up again with dead tissue and poison matter. But until you can get cleaned out, it is useless to talk of that. Yet the sweating and physicking do not clean you out in the one way that is needed; for your organs, your blood, your tissue, your bones, your skin, your nerves, are all clogged with dead tissue; and the plan of emptying your bowels does not reach the main zone of the trouble. Nor will sweating. There is but one true way and it is as old as humanity itself.

Some hasty readers may believe, because we mention a fact, that we advocate it. You must read far enough to find out the difference between a statement of history and a recommendation of the thing referred to. For thousands of years the practice of fasting has been employed as the only possible way of cleaning out the poisons of the body and its organs and tissue. This method is probably as near to nature as anything can be. It reaches every part, large and small, near and far, in the whole body, while physicking and sweating reach certain avenues only. In fasting, all parts give up some portions of themselves, and the broken down parts are first disposed of and cast off. No decay or poison is omitted. All must go. When the fasting is continued beyond the poison stage, the main strength of the body must go; and that

is where fasting begins to do harm. Nature never intended it to be used to tear down good structure.

So necessary has this method of cleaning out the system been to the life and safety of the body itself, and so reluctant have people been to practice it, that every religion on earth from the beginning of records and long before, in all probability, has incorporated in its requirements the practice of fasting. Read the commands of any sect you please, in this or any age where religion was supreme master of the lives of the people, and you will find fasting taught and made imperative. No theology has existed without it.

There are several kinds of fasting.

One method includes many weeks.

Another method includes many days.

Another method includes one day in every week.

Then a set of leaders advises the omission of the supper all the time in order to prepare the body for a breakfast appetite.

Still another set of leaders advises the omission of every breakfast in order to clean out the body before the noon meal is taken.

Others advise the omission of the noon meal on the theory that two meals a day are enough.

Here are the results that have been secured by thousands of experiments covering many years:

1. The fast that requires weeks of denial of food ruins the body, mind and vitality; and there is never a case of complete recovery from it. If the purpose is to subdue the energies of a resistant follower, the plan is perfect. Earthly hopes recede and the hereafter is the only solace to the long-term faster. This is rebellion against the laws of nature. During the period of development and ripening in this world, every human being must be loyal to the great mother that has bestowed life. The human body is a temple that cannot be maltreated in the hope of rewards hereafter. There is no more reason for torturing the beautiful child than there is for torturing the useful and noble manhood and womanhood that unfolds its character on this planet.

2. The fasting that embraces a period of many days is wrong when it reaches that dividing line where the poisons have been thrown out of the body, and the main structure is being torn down. The purpose of fasting ends when it ceases to be a cleanser.

3. The plan of fasting one day in every week, by wholly omitting all food, is sure to ruin the mind and nerves. All fasting is useless unless it is followed by the process of re-building a new body of new and better material. One fasting is enough; for, after that is over, the cleansed body should be rebuilt in such a way that no more cleansing is necessary. This failure to build anew with perfect material is the ONE GREAT ERROR of all time. Why should you clean a house if you are to bring back the dirt as soon as the cleaning is done? Why fast, if you are to go along in the old ruts, and eat the very things that you are trying to get out of the body? Why take physic and drive off the poisons, if you are to keep on eating the very things that produce the poisons?

4. The omission of all the suppers is an equal error. It implies that the poisons are to be driven out by fasting, with no regard for the kind of food that is to follow. Omitting one supper is the cure for a failing appetite in the morning; for no person is healthy who lacks a morning appetite. The word breakfast came from two words, break fast, and the fast broken was the long interval between the supper and the meal of the following morning; generally twelve hours or more. The person who has no appetite for breakfast, gets very hungry towards evening and over-eats at a time when the least eating is necessary. What you take into your stomach at the evening meal, may still be there at the morning; or, if not in the stomach itself, may be sluggishly moving along the digestive tract, in which case it is impossible to eat a proper breakfast. The cure of this abnormal and morbid condition is not the omission of the evening meal, but changing its foods to those that digest quickly, and all in harmony, with the quantity reduced. There is no greater folly than the eating of long-time foods in the evening; let them all be of the ONE-HOUR CLASS; one kind of food only at each meal, and not too much of that. You will find that this method will fully take the place of the evening fasting, for it is a cleaning process equal to the best fast ever known.

5. The plan of omitting the breakfast, which prevailed some years ago, killed the inventor of it, and ruined all persons who adopted it. It sought to turn the laws of eating upside down; to omit the power-supply of the day, which should precede the day's energies; and to bulge into bigness the clogging meal, which is

the heavy dinner at the end of the afternoon or early in the evening. If you cannot eat more than one meal in a day, let it be the meal that gives the power to work on; which is the breakfast. Napoleon used to give his soldiers a full meal before a battle; the old theory was: feed them after the battle, as there will not be so many to feed, and hungry soldiers fight more savagely. Theories are not so safe as facts. Napoleon learned that food gave strength on which to march and to fight, and he won his battles until his own body was wrecked by an incurable disease that made his campaigns too arduous for him to combat the growing power of his enemies. Most doctors say: eat to repair the waste. The fact is, the waste does not need repairing, for that means the clogging of the system. Activities carry off the dead tissue; rest piles them up and makes fasting and physicking necessary. No repairs are required until the dead material has been removed. The reasons for eating are:

1. In the morning eat to supply the fighting strength for the battle of the first half of the day. Life's duties and activities are the battle.

2. At noon eat to supply the fighting strength for the battle of the last half of the day.

3. At the evening meal eat ONLY to supply the strength to carry on the involuntary functions of the organs until the next morning: circulation, respiration, the engines of the skin-pores, the waves of intestinal motion, the beating of the heart, the work of the kidneys, of the liver and other parts; these are to be given their power by the evening meal; and there is no other energy needed unless you are a night-worker. Never think of repairing waste tissue during rest. You cannot repair a clogged body.

Use the material that you eat, *after* you eat it, and do not imagine that you can use it before you eat it. You will not have a clogged system if you eat to give strength to the activities that are to follow.

HOW TO BUILD A NEW BODY

There are two steps to be taken in building an entirely new body:

1. Get rid of the old material.
2. Use nothing but good material ever after.

In the past, the many methods of getting rid of the old material were only half-way means; but, even then, they were not followed

by the use of perfect material. No attention was paid to the kinds of food that were eaten. People physicked and sweated out of their bodies ninety-five per cent of all the food they put in. And now the cry is, fast and starve, in order to get rid of the bad; but no thought is given to what kind of food is to follow when the bad is out.

Take your own body for instance: It is necessarily filled with broken down tissue; every organ, bone, nerve, muscle, and cubic inch of flesh is the storehouse of waste matter. It could not be otherwise, for change is going on every second and change means the tearing down of the life that has been built up. If you have never built a new body, you have that task to perform. If you perform that task, you will then possess a new body, but you will not retain it unless you supply it with material that is free from the imperfections of the past.

Rule 71.—The best goal of earthly life is a perfect body.

Rule 72.—The quickest way for a person who is not well to secure good health is by building a new body.

Rule 73.—Health that seems perfect is not perfect until the body is built anew.

Rule 74.—Immunity from sickness, disease and contagion can be secured only by building a new body.

Rule 75.—The human body that has not been built new is the seat of disease-breeding soil, and it is only a question of time when disease or contagion will enter it.

Rule 76.—When the body is built new, all disease-breeding soil is removed and should remain away forever.

Rule 77.—The first step in building a new body is taken when a fast is employed to drive out all the waste soil that is present in the body.

Rule 78.—The fast should be just long enough to get rid of the broken down tissue, and no longer.

Rule 79.—The second step in building a new body is taken when all congested tissue is healed.

Rule 80.—The third step in building a new body is taken when the repair of the wasted parts is made by the introduction of perfect material.

Rule 81.—The fourth and final step in building a new body is taken when a permanent diet is established that will not permit any of the Five Enemies of Life to secure a new hold on the system.

THE FIRST STEP

OMIT THREE MEALS.—These three meals are to be successive; and all on one day. Drink nothing but water, and all you want of that. The last meal before the fast is to be at about six o'clock in the evening. After that meal, eat nothing that night, and nothing the next day or night; so that you may be sure of thirty-six hours of no eating. The first meal to be eaten is on the morning following the day of fast, and not earlier than six or seven o'clock.

SLEEP ALL YOU CAN.—It is better to begin the fast after supper on a Saturday evening, so that you can get sleep on Sunday during the day, for a few hours at least, as well as at night.

EXERCISE WHEN NOT SLEEPING.—Assuming that you are able to take some exercise, such as standing, walking, or other action, while not sleeping, it is best to adopt this practice to the fullest extent of your strength. If you are weak, move about but little. But if you are strong, make your body as active as possible.

THE SECOND STEP

HEALING THE CONGESTED TISSUE.—There can be no broken down matter in the body unless it is attended by some degree of congestion; for, wherever that dead matter touches, it poisons the parts. When you remove it, the parts are left still congested but free from their life long enemy. The work of healing those congested surfaces is the step now to be taken. Pure albumin is the only direct and instant healer of congested tissue. The only form of pure albumin is found in the white of an egg. This will heal a sore throat, sore stomach, sore intestines, sore lungs, sore breathing-passages, and all inward soreness in the body. Such soreness is often without pain. Whether you think you possess it or not, the method is the same:

FIRST NEW MEAL.—On the morning after the day of fasting, drink cool water freely; then take into the mouth the white of a raw egg, holding the white in the mouth and throat as long as possible. Then very slowly drink a little cool water. Wait three or four minutes, and take another white of an egg in the same way. Again wait three or four minutes and take the white of a third egg in the same way. Repeat until the whites of five raw

eggs have been taken. Do not throw the yolks away. Cook them hard, and keep them for future use. They are splendid tissue builders. During the forenoon drink as much water as you crave.

SECOND NEW MEAL.—At noon of the same day, drink some water. Then take a whole raw egg beaten or whipped in a third of a glass of new milk that has not been boiled or sterilized. Swallow each mouthful very slowly, until this has been all taken. Rest five minutes; drink water; then take a second raw egg beaten in a third of a glass of new milk. Rest five minutes; drink; and take a third of a glass of new milk. During the afternoon drink as much water as you crave.

THIRD NEW MEAL.—At about six o'clock in the afternoon, repeat the noon meal in exactly the same way prescribed above. During the evening drink as much water as you desire. This first day after fasting consists of healing foods.

CAUTION.—If your stomach is badly congested the use of healing foods may produce temporary ill-feeling, and possibly dizziness or unpleasant sensations. This is overcome by drinking hot water freely just before taking the raw eggs.

THE THIRD STEP

REPAIRING THE WASTED PARTS.—The second day after the fast is to consist of new material that is specially designed to carry on a system of repair in a perfect manner. This requires some good round steak that is lean, sweet and fresh.

FOURTH NEW MEAL.—This is the breakfast on the second day after the fast. Take, on the day before, a few pounds of lean round steak, and put them in a glass jar, adding a cupful of cold water for every pound of meat. This will be put in the glass jar. Now set the jar in a kettle of water on the back of the stove where it will slowly heat but not boil. Let it remain for an hour or two. Then strain the contents of the jar, and press the meat in a lemon squeezer to get all the juice out. Before it begins to heat, add some bay leaves to flavor it. When ready to use, add plenty of salt, and the least bit of pepper. For the Fourth New Meal which will be the breakfast on the second day after the fast day, heat this beef tea, but not hot enough to reach the boiling point. Have some old bread, either white bread or whole wheat bread that is two or more days old; toast this to a light brown, cut in small cubes, and drop in a big bowl of the beef tea, having the latter

hot and well seasoned. Eat slowly, turning over the bread and the beef tea in the mouth.

FIFTH NEW MEAL.—On the noon of the second day after the day of fasting, repeat the Fourth New Meal; wait ten minutes; then repeat the Second New Meal, which was the dinner of the first day after the fast.

SIXTH NEW MEAL.—This is the evening meal of the second day after the day of fasting. Repeat the Fourth New Meal.

SEVENTH NEW MEAL.—This is the breakfast of the third day after the day of fasting. Get a pound or two of fresh round steak. With a sharp knife scrape across the grain until all the pulp is removed from the fibres. Put this about a third of an inch thick on a large slice of old bread; then add salt to taste, and the least bit of black pepper. Put in a hot oven until it is hot but not changed in color. Eat slowly.

EIGHTH NEW MEAL.—This is the dinner of the third day after the day of fasting. Repeat the Fourth New Meal; wait ten minutes; then repeat the Seventh New Meal.

NINTH NEW MEAL.—This is the supper of the third day after the day of fasting. Repeat the Eighth New Meal.

THE FOURTH STEP

THE PERMANENT MEALS.—On the morning of the fourth day after the day of fasting, begin the regular and permanent meals. They should for one month be based solely on the foods in the **ONE HOUR CLASS** which have been elaborately described in a previous Section of this book. At the end of the month, it will then be allowable to add any of the two foods from the **TWO HOUR CLASS**, always remembering to adhere at the same time to those of the **ONE HOUR CLASS**. Never touch any of the foods of the other Classes. Your future eating is to be confined wholly to the things that are digested in one hour, and in two hours. Do not blend in the same meal the foods that do not digest at about the same time. The test is in the disposition of the stomach and intestines to collect gas or wind, which is the same thing. That is always an indication of danger. Take the warning and act upon it, for it shows that you are eating foods that do not digest together.

Adopt also, as far as possible, the great principle of one-food

at a meal. We know that you cannot do this when someone else cooks the meals.

Rule 82.—Variations from the foods of the ONE HOUR CLASS and TWO HOUR CLASS may be found and used to advantage.

Thus we know of strong men who make a whole meal of nothing but shredded wheat and cream; and of others who find strength in puffed rice and also in puffed wheat. Unpolished rice is coming into the market; and when it does, it will be a blessing to humanity; for ordinary rice is a weak and unbalanced food unless eaten with plenty of milk. Insist on getting unpolished rice. If your dealers do not carry it, apply through the Parcels Post for it in the great cities; but keep asking for it until you get it. Then that kind of rice that is almost the sole food of the warlike Japs, will prove one of the best forms of food that you can find.

Rule 83.—Steps that are revolutionary in eating can be taken gradually and bring about the results desired.

If you are ordering your meals by the card, you are at liberty to order what you wish and as much as you wish. Thus we know of reporters who will order two dishes of oatmeal at a restaurant, and nothing else. We know of others who make arrangements to get double-size dishes of one kind of food, instead of ordering a number of things.

In a hotel where you pay for a number of courses, you do not feel like omitting many; it seems bad business policy to pay for a thing that you do not eat. In such case you have no way out of the difficulty.

In a boarding house, unless you can make some arrangement with the lady who controls the table, it is probable that you have no means of escape from the many kinds of food that are hurtful. The scant quantities at best, arouse in you a degree of hunger that will not permit you to select your food; you are glad to get something to eat.

In your home, if you employ a cook, you cannot very well lighten her burdens by a simple diet.

If your wife cooks for you, she will not be pleased to be told that her mixtures are not the best for health. Most men find it harder to convert their wives to plain cooking and simple eating, than to revolutionize a paid cook. If you are a woman, and cook for your husband, or employ a woman to do that work, your husband will not like any curtailment in his eating; he prefers

variety to health. It may happen that both husband and wife are converted to the truth at about the same time, in which case they may pull together in saving ninety per cent of the labor of house-keeping and ninety per cent of the cost of living. But heaven has not yet come on earth, and the probability is that you will be compelled to work out your health and safety without the aid of any member of your household.

In your honest desire to get well and to stay well, in your fight against the encroachments of disease which you know very well will soon fell you, in your effort to bring your habits closer to the intentions of nature and the purposes of the Creator, in the midst of your progress towards the only sensible solution of the fearful problems of life and death at the present day, you will be called a crank. Those who do not say so out aloud will think it. There has never been a revolution that brought untold blessings to humanity, but the common herd heaped abuse on the heads of the men and women who moved steadily onward to the new plane of existence. The common herd is not found in any one class; it is as often present in the gilded youth, the idle rich, and the thoughtless upper ranks, as in any other part of the human family.

In taking the step that shall cause you to select your foods properly you will have on your side the following influences:

1. The laws of Nature.
2. The commands of the Creator.
3. The dictates of common sense.
4. The exact needs of the human body.
5. The attainment of perfect health.
6. A life of real enjoyment.
7. The mastery of old age when that comes, as come it must; all free from the loss of a single faculty; hale, hearty, and useful for many years beyond the span of life allotted to others.
8. A feeling of security against all manner of sickness.
9. Your own conscience.
10. Superior mental and physical powers.

Here are TEN influences that will be found on your side, working with you, helping you, if you have the courage to stand up for what is right.

What are the influences that are to be counted against you in your fight for perfect health? Let us take an inventory:

1. The shiftless cook who does not want to be told anything new.

2. The indifferent housekeeper who has been brought up in the old ruts, like the Chinese, and who is insulted at the suggestion of making a change in her methods.

3. The unthinking, thoughtless, don't care classes, who prefer to suffer and drug themselves, instead of making an effort to get well and stay well.

4. The doctors, surgeons, hospitals, druggists, medicine makers, undertakers and grave diggers, will have their income lessened by a general uprising of humanity on the side of better health.

Here are ten influences in your favor; and four against you.

Which side do you prefer? Are the TEN aids stronger in your life than the four opponents? If so, then, can you stand the quiet scoffs of the class that is associated with your four enemies?

Having chosen your company, the next thing to do is to go quietly about making the reform as far as you yourself will be involved. If you are in earnest, others will see it, inquire the cause, and join you very soon. That is the way all great movements have proceeded.

Quiet streams, or those that make the least noise, are the deeper ones and bear greater burdens easily. You have no need of attracting attention to yourself. There will always be ways and means of accomplishing easily the things that you make up your mind to achieve.

If you cannot find the one-food diet that you prefer, lessen the variety at each meal to a few foods, always avoiding the things that you know are not the best for you. At a hotel in Boston last fall, several persons were eating only the plainer foods, and seemed to enjoy them; and another person who had witnessed them for several meals, approached one of the party and said: "Pardon me, but may I inquire if you are Ralstonites?" The answer was in the affirmative, and a friendship followed that was pleasing to all. The same thing has occurred many times among passengers in crossing the ocean; the manner of selecting food at the table was noticeable only to Ralstonites; all others seeing nothing unusual.

Do not try to make converts to the rules of common sense by arbitrary arguments; but rather look at the matter from the standpoint of the opposing party, and gradually bring about a change of opinion by gentle methods.

At home do not set up a new régime in a sudden manner, as that only serves to antagonize your family. The better way is to omit the foods that you know you should not eat, and to eat more of the kinds that are suited to you. By this method you will, little by little, drift towards the one-food method.

You will not find things at home convenient for the adoption of any new plan of eating or cooking. Rather than call for sweeping changes, it is better to accept things as you find them, and swing them gradually around to your methods.

By using judgment you will be able to bring about a complete revolution in the community in which you live.

Now we are about to make a test of your good sense, of which we believe you have a very large share.

Go back to the Second Section of this book and read again the Experiments therein described. You will note the extraordinary fact that Bones, Skin, Brain, Heart and other parts of the vital body, after being taken out and placed in cold storage, or without being put there, have been furnished with life-heat and good blood for nutrition; and these parts have been made to grow and to perform their functions.

As a clear example of the process of nature, refer back to the experiments made with fragments of a live heart; some of which were tested immediately after being taken from the body; and others were kept in cold storage and then given the same tests. It made no difference how long they were kept, if their condition was good. As soon as they were given animal heat and good blood, these pieces of heart began to BEAT and to MAKE MORE TISSUE of their kind. They built heart tissue, and they entered upon the active duty of beating just as the whole heart would do in the body.

In order to effect this wonderful result, two things were very important:

1. All waste and poisonous matter must be kept from the parts; and broken-down tissue must be removed as fast as it occurs.
2. The blood must contain only the best forms of nutrition.

As long as both these requirements were observed, there was life and progress in the parts of the heart; but as soon as either of

the requirements was neglected, the part suffered and showed signs of dying.

The lesson we wish to draw is this:

The blood that fed the live parts of the heart, was made from only the most perfect food. What enters the stomach determines what shall be the quality of the blood that is to be made.

You have a list of the foods that re-build a body, that give you a NEW BODY; those foods will make the most perfect blood.

You also have a list of the ONE-HOUR FOODS, and another list of the TWO-HOUR FOODS, which are acknowledged to be the only foods that will build perfect blood.

Your organic life is within your body. It will grow in just the same way as the parts grew in the experiments; with the poison removed as they are made, and with perfect blood for food.

Now suppose that, in the Experiments of the Second Section of this book, you were to offer the vital parts some blood made up of pork, Saratoga chips, crisps, piecrust, alcohol, tea, tomatoes, baked beans, fried eggs, fried ham, sausage, mince-meat, spices and the like, do you think the vital parts would have gone on doing their work? It would have meant their quick death.

That is exactly the condition in which you place the organic life of your body, by your selection of foods that do not make perfect blood.

These tests have been made as stated.

They are living facts. They show the remarkable law that tells us that each organ of the body sustains itself from the food that is offered it, and that it is an independent world of its own.

What does your good judgment tell you?

Are you the slave of your palate when that organ is misled by the poisons that control your life; or is your mind superior to your mouth? Men crave drinks that fell them in time; and, on the same principle, the palate misleads most persons through a depravity of taste. There is just as much intemperance in the eating of foods as in the drinking of alcohol. In all such cases the mouth is the master.

THE GIANT PRINCIPLES

In closing this important and newly established system of life-building, it is deemed advisable to conclude it with a summary of the giant principles that must control all methods that seek perfect health.

1. Every organ and section of the body is self-sustaining, and is endowed with independent powers to re-build itself when it is supplied with proper nutrition. Under right conditions, it will re-build itself in a remarkably short space of time and produce results that are amazing.

2. The first great stimulus is the supply of proper nutrition from foods that are suited to the needs of the human body. But even such foods in wrong combination will fail to give up their nutrition, for the reason that they cannot be changed into pure blood except through the action of the digestive juices, known as the gastric secretions that flow into the stomach. It seems to us that right at this point we stand face to face with the great secret of nature.

3. Since this book was completed and put on the press, the forms were opened to admit a truth that has just now been discovered; and that sustains all that has been taught in this volume: Nothing could be more important than this NEW TRUTH: *It is now known positively that EACH KIND OF FOOD requires from the gastric juices a DIFFERENT MIXTURE of the secretions; and, when several differing foods are in the stomach at the same time, good blood cannot be made from them.*

4. Variety of foods, therefore, should be used in different meals, rather than in the same meal. The quickest return to perfect health must come from the use of one kind of food at a meal; the next quickest return must come from the use of only two kinds of food at the same meal, and they should be foods that harmonize under the time lists of this book. But each meal may be different from each other meal, and thus a variety may be secured. It is only a question of time when this giant principle will be adopted as a part of a higher civilization; and it will not only bring a new era of health, but will also end the useless labors of the kitchen in so far as they are a burden to the family life.



NINTH SECTION

GROWING OLD



FROM THE CRADLE TO THE GRAVE is a brief span at the best, for death seems a part of the plan of nature. But death, as understood by most people, is a termination of some disease, or else is a wearing out of the body through years of weakness and decrepitude. As has been stated, some trees die when they are a hundred years old; and examination shows that they have succumbed to disease; while millions of other trees live to be thousands of years old, and show no signs of coming death.

We pass people on the streets who, a few years ago, were in middle life; now they are bent with years and seem feeble; so the remark is made that they are getting old. The next we know of them they are housed by infirmities and cannot get out at all; but must be waited on by others. They are nearly helpless. Most people hope to die before they are broken down.

This kind of old age is wrong and unnatural.

Every night the human race enters that state known as sleep. No person lives who has not slept. If the faculties are normal and the body in health, the night's slumber comes on easily and is welcomed. Sleep is the type of death; it is the fore-runner of the last repose; and there should be no difference between one and the other. If you were to go to your bed at night a physical wreck deprived of the use of your faculties and unable to take care of yourself, you would think this a strange world. Likewise it is abnormal and unnatural that you should take to your bed for the last time in this life, and die from the accumulation of infirmities. One sleep is like the other.

FOURTEENTH LAW :—Old age is a disease caused by an excess of mineral matter in the food.

Certain curious laws and rules come into effect as we contemplate this proposition.

Rule 84.—In the absence of mineral matter the body would be like jelly-fish.

Rule 85.—The growing child is large or small in body according as the supply of mineral matter is great or little in the food.

Rule 86.—The size of the child at birth depends on the growth of the bones prior to that event; and the growth of bones depends on the amount of mineral matter in the diet of the mother.

Rule 87.—Stunted children have lacked a sufficient supply of mineral matter in the first year or more of life.

Rule 88.—Rickets and similar bone diseases are caused by the lack of mineral matter in the diet of the child that has begun to grow to normal or average size.

Rule 89.—Where babes and young children have been given food that contained an unusually large proportion of mineral matter, the body has grown of unusual size; as size is merely bigness of bone structure.

Rule 90.—When growth of the body is attained at the end of youth, the supply of mineral matter should be at once lessened. Some persons go on growing until they are thirty or forty years of age.

Rule 91.—There comes a time when the body will cease to add to its size, and its excess of mineral matter then begins to clog the arteries.

Rule 92.—Mineral matter when it clogs the arteries, becomes a distinct barrier to the operations of life.

Rule 93.—Stony deposits in the body not only cause pain, but lead to breakdown.

Rule 94.—The veins and blood vessels of the heart, as well as its arteries, become in time coated with a thin deposit of lime and other mineral matter, which prevents the repair of the tissue, and results in a thinness of the parts that may at any time give way. It is in this manner that sudden death from heart disease often occurs.

Rule 95.—The blood passages leading to the brain are likewise clogged and made thin and brittle; and give way easily under any

strain or pressure in the circulation; causing death from apoplexy more readily.

Rule 96.—All through the finer veins of the brain itself this mineral clogging and coating is taking place, hardening the tissue and lessening the flexibility of that organ. Memory is impaired, the power to think is weakened, and new ideas are never received. All beliefs except those of earlier years, are either denied or else enter only at the shallow parts of the brain.

Rule 97.—The fine microscopic glands under the skin, millions upon millions in number, are also clogged and stiffened with this excess of mineral matter, and the skin takes on the hue of age, while its flexibility and softness are decreased. Wrinkles come naturally into the face, and on the hands.

Rule 98.—By the same clogging which enters into all tissue and membranes, the stomach hardens and is no longer able to digest animal fats.

Rule 99.—The nerves and ganglia, or storage centers of vitality, are deprived of their flexibility, and cannot vibrate the feelings and powers of life as well as formerly.

Rule 100.—When the supply of mineral matter is reduced to equal the demands of the body for bone repairs; when the foods are selected and prepared to meet the needs of life; and when the methods of living are simple, reasonable and in harmony with the plain laws of nature; then old age as a period of decrepitude, weakness, helplessness and loss of faculties, is an ABSOLUTE IMPOSSIBILITY.

The foregoing rules tell their own story. Countless experiments involving more than two hundred thousand cases, continued through many years, confirm each and every one of these rules. It is true that some scientists claim to have discovered the germ that causes old age; but the destruction of that germ does not take the coating off the tissue or out of the veins, nor prevent the hardening of the arteries. On the other hand, the simple process of lessening the amount of mineral matter in the food from day to day, does in fact overcome the old age tendency.

Let us see what foods cause this process of getting old:

1. Old beef, old mutton, old fowl, and old fish; meaning the meat from animals and fish that have lived to grow to maturity, are one of the causes of old age deposits in the body. The reason is plain. When animal life is growing, all the mineral matter goes

to make bones, and we do not eat the bones. When growth has been attained, the mineral matter then lodges in the tissue, and that is what we eat. Hence we store an excess of mineral matter from matured animal life, into our own bodies. We transfer the fault from one life to another, which is our own.

2. Hard water is the most prolific cause of old age deposits. Any person who has seen the lining of a kettle in which hard water has been boiled, knows what is meant.

3. Mineral matter from baking powders, and from food adulterations and preservatives, cause old age deposits.

4. Mineral matter from medicines, either in the form of powder, pills or liquid, are a prolific cause of old age deposits.

5. Soups, broths, boiled dinners, boiled water, tea and coffee, are all prolific causes of old age deposits.

6. Vegetables and roots that have matured are also causes of old age deposits.

The remedy is to be found in the following methods:

1. All meats, fowl and fish you eat should be from unmaturred life. Veal, steer, chicken, half grown fish and game or fowl, lamb, and similar kinds are free from mineral matter, as they have not yet achieved their growth and become charged with such deposits.

2. Secure either distilled water, rain water, fresh spring water, or any very soft water to drink.

3. Let all medicines alone as much as possible; few if any are necessary.

4. Select your foods so as to avoid those that are charged with adulterations and preservatives. Avoid baking powder cooking.

5. Eat only those vegetables that are young.

6. Stop using long boiled water, especially in drinks and food.

7. Make use of old age SOLVENTS, or things that dissolve the mineral matter in the body.

The above suggestions explain themselves except the last two.

Nature will not do for man what he can do for himself. He must find out for himself what to do. When he is helpless, instinct saves him; after that he is the maker of his own life and safety.

But nature has set up laws and processes that man is to learn how to use. The most wonderful of all laws next to gravity, is that of distillation. It is intended to separate the good from the bad. Distillation occurs in four forms: Vapor, Steam, Fruits, and Young Vegetables.

Vapor is the pure part of the ocean or other body of water that rises to the clouds, and is discharged to the earth again in the form of rain; the latter being the pure part of the water. This is a powerful and immensely valuable solvent of old age deposits in the human body.

Steam is the same thing as vapor, except that it is given into the hands of man to aid him. Man, by boiling any kind of water, no matter how bad, is able to set free the pure part in the form of steam, often by double distillation; then to condense the steam into water, and use it. What do you think of the prevailing custom of letting the steam escape and using the part that remains?

Every part of steam that escapes from boiling water contains the pure portion of the water. The minerals, the poisons, and the dregs are in the part that remains after the steam has taken the good away. Many cooks let the kettle boil or simmer indefinitely so as to keep hot water at hand. They use the dregs in tea, in coffee, and in other ways. If at any time hot water is needed, the only sensible method is to put on fresh water, bring it to a boil, and then use it at once. Many women allow tea and coffee to cook or simmer all day long, adding more as they need it; and thus they are drinking dregs all the time.

The worst habit of all is to cook meats and bones into soups. We called at a house some time ago in the morning, again at noon, and again late in the afternoon; and each time we saw a kettle of soup cooking in which a soup bone was confined. The woman had all day long been adding water as it boiled away, and kept the bone cooking in order to get the good of it. What she had was the condensed dregs of a great quantity of water, every particle of the pure portion of which had gone off in steam. This woman was aged beyond her years, looking twenty years older than she was. Some persons make beef tea by long boiling or simmering. Some cook boiled dinners by the same method. While the lid remains on the kettle, the vapor escapes all the time, and reduces the quantity of water as is well known.

Men and women grow old faster than their years, when they take the dregs of boiled water in their systems. Families that use this form of cooking show their premature age.

The vapor or steam of water, condensed and made palatable, is a solvent of old age deposits in the body. There is no reason why it should not be adopted as a drink.

All mellow and sweet fruits that are juicy, are natural solvents of old age deposits. The strained juice of very sweet and mellow apples is excellent and effective if taken fresh made daily. But all fruits that are fully ripe serve the same purpose; for nature distils her fluid in her fruits.

THE NOBLEST PHILANTHROPY

One wrong principle of cookery is that which allows vapor or steam to escape from anything that is prepared for the table. There should be some system invented that retains the steam; or else distilled water should be employed. Some day, when civilization rises "one notch" higher in the scale of intelligence, there will be established in every town and village, public stills that will produce water for drinking and cooking purposes; and thus solve many problems of disease and health. The multi-millionaire who really seeks to do good in the world could not employ his money to a better purpose. Just think what it would mean to the race to have this fair land honey-combed with public water-stills; public chemical-test laboratories to analyze all foods that are under suspicion; and public grist mills to produce daily whole flour from hard winter wheat, having the husks of the bran removed! Humanity is the victim of uncounted ills; and very little is being done to check the sources of suffering; while much is essayed to ameliorate the damage that lack of foresight has made possible.

It is not our purpose to advocate these three things; that is, we are not disposed to ask you to do anything toward bringing them into existence. You are too busy, and public benefactors do not care to deal with matters that do not bring great glory in concentrated form. We believe, however, that when the time is ripe, the impulse will be put into the heart of the people to demand these things. Congress spends one hundred million dollars every year in log-rolling expenditures, and several times that vast amount in gifts; while a small part of one year's generosity would set up these great needs throughout the land.

We are showing to you the way to do the best you can for yourself under this new plan of life. You can keep old age out of your body by very slight attention to these rules and teachings.

No matter what your present condition may be, if you are not already hopelessly diseased, and we do not believe you are, the way is open to you to re-build your body into a perfect temple.

Such a body will contain a clearer mind capable of winning success where now the future seems dark and uninviting. More than eight hundred men of the business world whose health was reasonably good, adopted the plan of re-building the body, and all of them now declare that their minds are able to think more deeply, more keenly, and more clearly; and that their subsequent success has proved the value of the method. "It makes all the difference in the world," says one of them.

No matter what your health may now be, if you have not rebuilt your body, it is better to do so in order that you may take a new start in every department of life. Having done this, then resolve to keep old age out of your body. Grow in years, not in age. Longevity is an honor when the faculties are alert. Live until you desire to try the change that is called death.

All persons receive inspiration from the experiences of those whose judgment and success entitle them to the highest respect. Thomas A. Edison, the world's greatest inventor, is a man whose mind is one of the deepest and keenest on earth; and whose opinions sway millions rightfully. Edison is about seventy-three years old. To quote his exact words, "My grandfather, early in his life, became fascinated with the story of the great Venetian, Louis Cornaro, who, when he found himself a wreck in middle life, reformed his diet, and by keeping it right, managed to live more than a hundred years. My grandfather after that, ate carefully, and lived to be one hundred and four. No disease killed him. He was perfectly well up to the time that he died. He lost interest in life. The cells of which his body was composed were anxious to get away. So my grandfather told his children that he was going to his daughter's house to die. He went to her house; undressed; went to bed; *and died*. There was nothing the matter with him. He was simply tired of life. And my father died the same way. They had found that the secret of long life and perfect health lay in right eating. As for me, I eat only because I want to live. As a result, my body is not poisoned with decaying, surplus food. My arteries are as soft as a child's. I believe in the intelligence of the cells that constitute our bodies; that the intelligence of a human being is the sum of the intellects of all his cells. I am certain that the cells possess intelligence. So long as they want to live, see how they fight for life." Let us hope that this great man, perhaps the greatest man now living, will retain

the full possession of all his faculties until he has exceeded the century mark; and that then, having tired of life, he will die in perfect health, when the cells of his body become anxious to get away.

To die in perfect health!

What a consummation!

All along the line of human experience, there comes the universal verdict of those who have proved the truth in their own lives, that health and the possession of the faculties unimpaired in advanced age, is due first of all to right eating; and, second, to right living. Behind the seemingly casual remark of Edison, "My arteries are as soft as a child's," rests the profoundest truth in human life today. When the arteries begin to harden, then old age commences; and this is actually occurring in people who are not yet out of their twenties and thirties. A careless diet may cause the deposits of old age material; or minerals in the foods eaten beyond the needs of the bones of the body, may pile up their surplus at any time of life; and no longer can it be said that the arteries are "as soft as a child's." Here is the secret of the disease known as growing old. It is wholly controlled by what you eat.

One of the first signs of old age is the dimming of the sight. While the eyes may be disturbed by many causes, in ninety-nine cases out of a hundred, the chief trouble is in the blood; and the blood is nothing more than the food that it is made of. Old age deposits, beginning at any time, even in youth, harden the nerves that support the vision; and they are the most delicate nerves in life. Even where there is no other kind of trouble, the advancing years always play havoc with the eyes; and there is but one channel for their enmity, and this is in hardening the blood vessels and interfering with their nervous conditions.

The approach of ear trouble is one of the easiest processes to trace as age secures a grip on its victim. The ear-drum vibrates like the disc of a telephone, and its vibrations set in motion the nerves that communicate with the brain centers where these movements are translated into intelligence known as sound. Many blood vessels and many fibers of nerves are involved in this sense. Their work cannot be well done when deposits choke the tiny blood vessels, or harden the fine nerves. Hearing is best when the whole circulation of the body is best; when the blood that

supplies nerves and tissue to the ear and its parts, is pure and wholesome, vigorous and free from injurious deposits. Under such conditions, there will never come a time when bad hearing will follow; for any man or woman has the power to preserve the hearing for more than a hundred years. When you meet a person to whom you must shout your remarks, you can always know that old age deposits have brought on the loss of that great faculty.

Preserve it at all hazards.

The means of prevention is in the proper selection of food. This also helps bring about a cure, if the neglect has not been of too long duration.

In every scalp where the hair is not healthy, the roots of the dead or dying hair are embedded in this same old age deposit; the dandruff scales off readily. The remedy was not at the scalp, but at the source of the trouble, the stomach. Yet millions of men and women today are doctoring the head, while they continue to pour into the stomach the ceaseless supply of old age deposits in wrongly selected foods and drinks. As one of the world's greatest scientists recently said, "Humanity is not yet civilized, for it treats and drugs the effects of its stupidity, and gives no thought to withdrawing the cause."

This is a hard verdict, but it is correct.

The brain shows, step by step, the accumulation of old age deposits, as memory loosens its grip, and the mind ceases to take on original ideas. When the blood vessels of that mighty organ are clogged with excess of mineral matter, the flow of mucus from the meninges, which is a part of the process of thinking, is lessened in exactly the proportion of the stoppage. Not only is nutrition to the brain cut off, but thinking is difficult. Old people will sit for hours with blank minds. The organ of thought is merely clogged with mineral matter, and new blood is kept out; and, worse than these, the poisons that come from the waste of every day's living, are held in the brain there to do infinite harm. Irritability and many moods ensue, finally including childishness in the aged. The cause is easily traced back to wrong food selection. It can be asserted as a positively proved fact that senility, old age, second-childhood, loss of memory, blank minds, and stubbornness are all the direct results of the one cause known as mineral deposits in the brain. All these effects can be avoided; and many of them cured even now.

One of the slang terms of today is that which describes a stupid person as a "bonehead." There is much truth in the phrase. The hardening of the blood vessels and ossifying of the tissue of the brain, is very much like the natural process of turning flesh to bone. Old people cannot think, cannot take on new ideas, and are at a standstill in their mental processes when they reach the "bonehead" stage; and the semblance of this condition in younger people justifies the term of reproach.

All the organs of the body harden when the old age minerals are brought in with the foods and drinks. Boiled drinks, such as tea, coffee and the like, where the steam has taken the distillation from the water; the use of long boiled water for making drinks of any kind, even in the preparation of tea and coffee as is the custom today to a great extent; and the use of broths, soups and boiled dinners where long boiling has carried away the vapor of the liquid, even when the cover is on the kettle; these are powerful causes of filling the body with old age mineral matter. Organs harden, the liver suffers first, then the kidneys, and finally the heart.

The latter organ little by little slows up in its work.

But every flow of blood that contains mineral matter is bound to leave some part of itself on the inner lining of each artery and vein, and in all the tiny blood vessels. Even one fleck of such matter, left to imbed itself in the interior of any passage, is sowing the seed of future hardening. The heart suffers in many ways from this process. It is deprived of its own nutrition to some extent; it is weakened by the hardening; it is clogged by the interference; and it cannot throw off the ever present poisons of daily waste. Its tone is not as good. It may become diseased, or it may bring death to some other organ by its inability to supply it with pure, fresh, renewed blood. Here is the first cause of apoplexy in the brain. Here begins what is known as old age pneumonia because of the weakening of the lungs. Here the kidneys are left to succumb to their own poisons.

A clock runs down and stops by slow degrees when its spring ceases to retain its power. Some clocks are a day or more running down; then all is still. The human heart may be years in running down before its final beat is made; growing weaker and slower all the time. The cause is in the stomach, for the heart must look to the stomach for its supply of food, and must take whatever

the stomach has to offer it. You cannot allow old age minerals in the food year after year, and expect a heart of energy and power.

The skin wrinkles when the old age deposits array themselves along the lines of use. Thus a person who laughs a great deal, and whose body holds much old age mineral matter, will build wrinkles along the lines of the face that are used in laughter; and the same is true even more strongly of scowling. Any oft-repeated movement of the face will invite the permanent residence of old age deposits; and so we can recognize the old man and the old woman by the marks that are charged to time instead of being placed against the account of an excess of minerals in the food and drink.

A non-mineral diet maintained for many years, will keep the old age wrinkles from the face, just as it keeps old age out of the whole body.

The hardening of the spine, and the stiffening of the muscles and cords especially when accompanied with the "letting go" of the upright carriage of the body, are all due to the same cause, the excess of mineral matter in the food and drink. It takes years to bring back youth to a person past middle life. It is always better to begin before too many years have been piled up in the span of existence.

There are two sources of satisfaction in these laws and rules:

1. You can always be moving back towards youth, even if you move slowly. It does not matter so much how fast you travel if you are going in the right direction.

2. If you have yet the years of age ahead of you, all power is now placed in your hands to remain young in body, in faculties and in power; for your body may be not more than half-hardened in its arteries and veins.

In addition to this pleasing prospect, you will always have the knowledge that you are in the right way in every respect; your mind will become clearer and stronger, your health perfect, and your usefulness in life to yourself and to others will grow until it is crowned with a perpetual prosperity.



TENTH SECTION

LIVER INFLUENCES



YEAR BY YEAR human knowledge makes great leaps and bounds in its advances. We come now to the threshold of a wholly new field of discovery, which is nevertheless built upon great progress in the past. The importance of the stomach has been fully recognized; but not until lately has science been able to determine the real usefulness of the LIVER, and the influences that it exerts all through the body. To understand these matters it is first necessary to recall the fact that has been stated in the Short Story of Astronomy, that there are twice as many dead worlds in the sky as there are live ones; and the later fact that, in the human body, there are twice as many dead cells as live ones.

The intestinal tract, aided by the kidneys, separates the bad food from the good, leaving the latter in the body, and ejecting the former. The LIVER is the most responsible organ of the body in this transaction. It controls the whole tract, and is master and governor of the kidneys as well.

But the refuse food and other material that is separated by the intestines and kidneys, is merely a part of the food that has been taken into the stomach. More important than this, is the ejection of the DEAD CELLS that are accumulating every minute of life in the blood and tissue. This is the break-down of the tissue, due to the process of living, of thinking and of action. This break-down is a source of greater danger than the refuse parts of the foods in the intestinal tract. Both must be thrown out as soon as possible. The refuse is purged out by pills and physics; hence the name of physicians who aid in this elimination. Physics however only get rid of refuse parts of the food, and never reach the

broken-down cells and tissue in the blood; but in the olden times, leaches and cutting, and cupping were used to let out some of the blood; and by this method the break-down of the cells and tissue was drawn off; but the process weakened the nerves and whole body.

They never thought then that the LIVER was given that work to do, and that it does it perfectly when it is in health.

Thus the LIVER has two of the greatest duties to perform in the whole scheme of life:

It has charge of the whole intestinal tract and kidneys, and thereby directs and controls the escape of the refuse food-material that passes beyond the stomach.

It has charge of the whole process of driving out of the body the millions and billions of dead cells that pile up in the system every minute of life, day and night.

Only a HEALTHY LIVER can perform this double duty.

INFLUENCES OF THE LIVER

If you go to an oculist to have your eyes examined, he can tell you to what extent your liver and its satellites, the kidneys, are diseased. You will wonder how the liver can send its influences so far as the eyes; but the explanation is simple. If the blood is not cleared of its dead matter, it will carry it to all parts of the body in the process of circulation.

BRIGHT'S DISEASE can be first discovered by an examination of the eyes.

CLOUDY or floating matter that dances about in front of the eyes has proved to be due to the effect of the liver upon the contents of the eyeballs.

The whites of the eyes show distinctly a yellow or liver color when that organ is not in good health.

BILIOUSNESS, or yellow skin, is due to the faulty condition of the liver.

BAD COMPLEXION, even when not bilious, is always due to the liver. When the broken down tissue and dead cells are not driven out of the blood they become part of the circulation and also enter into the building of new tissue, thus blending diseased material in the construction of bones, skin, flesh, and even the hair of the head. In other words, if your liver will not throw out of the

blood the poisoned matter therein, you must build new tissue in part out of that kind of material.

WARTS have the same origin; so do moles, protruding pores, and all malformations of the surface of the body.

BLACK-HEADS, and what are called worms in the skin, are due to the accumulation of these poisons from the faulty action of the liver.

Rough and dirty complexion, face sores, and blotches have the same origin. The woman who treats her face with powder and other covers of a bad complexion, is merely hiding the effects, and not dealing with the cause.

BOILS, CARBUNCLES, SORES, TUMORS, ABSCESSSES and other disturbances have all been traced to the poisons that the liver permits to circulate in the blood.

CONSTIPATION was not, until recent generations, attributed to the liver, but now all doctors know that it comes from that source, as they know that the liver controls peristalsis or the action of the bowels. When you take medicines to purge the system, and do not correct the habits of the liver, you are adding a severe tax against the future without prospect of relief.

PILLS that are advertised as beneficial to the liver are known to cause HEMORRHOIDS, or bleeding piles. Ordinary PILES follow constipation, but BLEEDING PILES follow the pill habit, or the practice of purging the bowels by medicines.

APPENDICITIS always has its first cause in liver troubles. The prevention, as well as the cure without operation, must be directed at the restoration of health in the liver.

BIRTH-MARKS are solely the result of liver poisons that are present in the blood of the mother, and from her transmitted to the child before birth.

PREGNANCY DIET should consist of the foods in the ONE HOUR and TWO HOUR CLASS; depending on cereals with plenty of milk or thin cream dressing, baked potatoes with milk and salt, baked sweet apples very mellow before they are cooked, eaten with thin cream or milk, fruits that do not cause neuralgia, beef extract or mutton broth, and beef, lamb and mutton for meats; and all the SUGGESTIONS of the Section entitled the FACTS ABOUT FOOD. The health of the coming child will be wonderfully blessed by this care in the diet of the mother, and

this blessing will follow the new human being all through life. Is it worth while?

The EYESIGHT keeps exact pace with the liver health in any person. This is now a proved fact.

The HEARING begins, in aged people, to give way when the liver-poisons are allowed to circulate through the body.

The HAIR and SCALP are now known to receive their poisons from the faulty circulation of the liver. When these poisons are not allowed to circulate in the blood, the hair and scalp become healthy. Thousands of experiments both ways prove this fact.

ASTHMA, HAY FEVER, ROSE COLD and INFLUENZA are now known with absolute certainty to be products of liver poisons in the blood, always aggravated by secondary influences, just as rheumatism is; the great cause being in the liver, and the acute influences being due to climate and other conditions that arouse these maladies from their dormant state. Almost all maladies have two causes; one, the main or basic cause; the other, the direct irritating influence. In ASTHMA, it has been known for a hundred years or more that inflammation of the liver is indicated by a dry, hacking cough. Coughing, sneezing and similar activities are set going by the diaphragm, which is the floor of the lungs and the roof over the liver and stomach. Whatever excites the diaphragm will start coughing, sneezing, hiccoughs, and even hysterics. Repeated coughing wears away the lining of the throat; and repeated sneezing wears away the lining of the nose. Both these exposed linings then become prey to all forms of surface irritation. When the liver is inflamed, it of necessity involves all adjacent parts, such as the stomach and the diaphragm, in an upward direction, even the heart and lungs following the influence; and, in a downward direction, this inflammation passes on through the intestines, overspreads the lining, or peritoneum, and soon affects the appendix.

CONGESTION follows the bad state of the liver, and has more to do with gastritis or chronic inflammation of the stomach than direct abuse of the latter organ. Thus many persons are able to digest foods in the stomach, yet find a halt in the action of the liver. Many bilious people claim with truth that they can digest anything; meaning at the stomach. But other penalties are awaiting them in the darkness of the future. CONGESTION of the stomach is always present ahead of most maladies. At a

recent meeting of the doctors of America, it was agreed that almost every man and woman, no matter how healthy in appearance, carried a chronic condition of inflamed peritoneum; or, as one physician said, "suffered from peritonitis, which accounted for the sudden collapse of the health among people who are classed as well." Appendicitis is the natural result of this congestion.

LA GRIPPE and SORE THROAT, as well as all colds, are preceded for days by a highly congested condition of the stomach, probably arising from inflammation of the liver. This congested condition of the membrane at that region possesses great spreading power. It creeps up, inch by inch, along the air passages to the throat and head. While most stomachs are passively congested, if any doctor could detect the presence of the more active form of congestion in the stomach, he might be able to save his patients much suffering and danger from both sore throat and la grippe; for these maladies bring serious after effects. The influences of the liver, therefore, are many and far-reaching.

APOPLEXY is the almost direct result of a wrong condition of the liver.

PARALYSIS is likewise the natural fruit of abuse of this organ; beginning in the Tea or Pill Habit.

BLOOD DISEASES affect the heart, the circulation, and the nervous supply of energy; from which disturbance arise both apoplexy and paralysis, but through different channels.

All SKIN DISEASES are now being traced to the poisons in the blood that are set free by the ill health of the liver.

CATARRH, when analyzed, shows clearly the presence of the very material that the liver should have thrown out of the body; and this accounts for catarrh of the nose, throat, lungs, stomach and other parts.

The dead matter in the system, and the broken down life that turns at once to poisons, must be disposed of by the liver; and this organ, in order to do its proper work, must be kept in a state of health.

Of all the methods of treatment that are useful in saving health and life, the most important procedure is that which gives the liver its proper care, and especially its proper food. Two courses are now open:

1.—CARE.—Give the liver less to do at a time, and more opportunities to work. This organ thrives on constant activity; it

does not like a prolonged rest; but IT WANTS LESS TO DO AT A TIME.—FOUR MEALS A DAY are best for it; one at morning, one at noon, one at six o'clock in the evening; and a very thin meal of toast and milk, or toast and beef extract just before retiring at night.—YET EACH MEAL SHOULD END WITH SOME HUNGER. This means that the hunger should not be satisfied by any one meal, for hunger means a better health for the liver.

2.—FOOD.—Much of this book has been devoted to the digestibility of food for the stomach. Equally important is it that we consider the value of food for the liver. While the latter organ will take care of many things when in good health, it will not dispose of them if it is inflamed. It is also true that, while the stomach will digest the one hour foods easily, not all the one hour foods are friends of the liver. As the real facts should be understood, we append here several lists.

THE BEST FOODS FOR THE LIVER.

The Five-Minute Class:—The preferred foods, or best friends of the liver in this class are: White of Raw Egg; Beef Juice, or Beef Extract, or Bouillon, all home-made. When the liver is inflamed, or is very inactive, the above foods have a real medical value in effecting a healing.—An inflamed liver is not benefited by sugars, sweets or oils. The yolk of an egg contains fat. But in a state of good health, all the foods of the five minute class are valuable if liked.

The One Hour Class:—In this class the best friends of the liver are: Apples if mellow and sweet, baked, and eaten with milk; Bread, when old; Buttermilk; Potatoes, baked and eaten with milk; Plums, raw and very ripe; and all the foods, aided by all the suggestions set forth in this book.

The Two Hour Class:—Beans, when too young to be shelled, the pods being their chief value; Haddock; Halibut; Oatmeal when cooked three hours; Sole; Trout.—Bread that is not hot, may go with this line of food.—As it requires two hours to digest such foods, it is well to eat slowly and not much at a meal. Be hungry when you arise from the table.

The Three Hour Class:—The friends of the liver, if it is in

health, are as follows in this class: Cauliflower; Corn; Ham, boiled till very tender; Salmon.—But if the stomach does not perfectly digest these foods, they will set free poisons that will injure the blood through the liver.

The foods of the Four Hour Class, the Five Hour Class, and the Never Class, are all enemies of the liver. We now come to the

ENEMIES OF THE LIVER

The percentages given here mean that, if the organ is in good health, the tendency to break down that health will be shown by the figures stated. This tendency may not make progress during the lifetime of a fortunate human being now and then; but, on the other hand, the sudden information may be given that appendicitis or Bright's disease has seized the body and seeks the life.

	PERCENTAGE OF ENMITY
Yolk of Egg, Butter, Honey, Olive Oil,	10.
Excess of Sugar,	75.
Olive Oil, adulterated,	100.
Barley, Chestnuts, Lettuce, Olives and Onions,	20.
Peas, young,	15.
Old Peas,	75.
Maple Sugar,	80.
Squash and Pumpkin,	60.
Artichokes,	30.
Bacon,	100.
Beans, old,	100.
Buckwheat,	55.
Cabbage,	90.
Egg Plant, Lentils, Oyster Plant, Prunes, Shrimps, Cocoa,	45.
Turnips, Cocoanut, Chocolate, Tomatoes, Lobster, Fried Oysters,	100.
Peanuts, Pastry, Saratoga Chips, Crisps, and all the Never Class,	100.
All the Four or Five Hour Classes range from	80 to 100.

Foods that are not listed here, are neutral, having no tendency for aiding or injuring the liver.

To be on the safe side, it is wise to avoid all foods that have a percentage of more than 50 against the liver, even if you are well. If the organ is sluggish, depend on the Suggestions in the Ninth Section.

So powerful is the influence of the liver in throwing into the blood the poisons which, when in health, it freely sends out of the body, that certain constitutional warnings are available, and they will be referred to in this Section.

CONSTITUTIONAL “SYMPTOMS OF DANGER”

WE DO NOT BELIEVE that a well person should seek symptoms of sickness. But all incurable diseases are, at a certain time in life, curable; and their attacks may be wholly overcome if met with resistance before it is too late. In the history of every hopeless case, there has always been a period of escape that has been neglected. This portion of our study is devoted to the consideration of those warning signals that are called

“SYMPTOMS OF DANGER.”

Physicians today are classed as ordinary and extraordinary in their methods. The ordinary doctors make use of the following symptoms:

1. PULSE.—The heart-beats may be counted at the wrist and other parts of the body, and indicate the condition of the circulation. The action of the heart itself, and the health of its valves may be easily determined by instruments that magnify to the ear the sounds within. In like manner, the health of the lungs and of the air-passages may be ascertained.

2. TEMPERATURE.—The heat and fever of the body may be learned by thermometers placed in various parts of the body, and in the mouth; as well as by the hand of the physician who is experienced.

3. THE COATED TONGUE.—This old form of evidence of the state of the liver and stomach, and even of the other organs, is still one of the most reliable methods of giving warning. It is a safe rule to say that no person should neglect a coated tongue. It should be clean at all times, and clean clear through to the throat. Take danger by the forelock and drive away the enemy that is lurking within the organic life of the body.

4. THE EYE-BALL.—The white of the eye should be clean and clear. If it is muddy, find the cause and cure it. Neglect is dangerous. The pupil of the eye, which is the center through which the light passes, holds the secret of sanity and insanity in many cases, and of the nervous troubles that are brewing in the life of the individual.

5. INSIDE THE EYE.—Such a malady as Bright's disease, which when advanced is incurable, first shows itself in the interior of the eye; and it does not require very expert knowledge to behold the presence of the most dreaded of all dangers next to cancer. There are many instances where the approach of this terrible enemy has been discovered before the malady had reached the incurable stage; and perfect health has been thereby attained. Surely no man or woman can be blamed for hunting for these opportunities of self-preservation.

6. ANALYSIS.—Today it is a very common practice to examine the water from the bladder in order to know just what the organs are doing and to what extent they are failing or becoming diseased. Many lives are saved by such precautions.

7. BLOOD.—Some physicians place value on the analysis of the blood to determine what it lacks and by what means it can be made perfect.

The extraordinary doctors, who are very few, but who take rank with the greatest men in their profession, seek signs that are fully as certain, and that expose the human body, like the pages of a book, to be read by the expert. But YOU have just the same opportunity of knowing your body, and of driving away the enemies that seek to bring you down to premature death.

8. The CIRCULATION of the blood comes nearest to the surface and vision under the finger nails than at any other part of the body. It is as though the nails were panes of glass over the blood.

9. When the blood is pure and the heart healthy, the nails are pink in color and this hue is even, and not changed in parts.

10. When a deep tinge of purple appears at the base of the nails it is sure evidence that the heart is affected; and this fact is made more important when the skin within the hand is purple-shaded. No time should be lost in seeking a cure for the impending danger.

11. Look for ridges or flutings of the finger nails extending from the tips to the base. The nails grow from week to week, both in length and in breadth; the latter growth being absorbed finally in the length. When the nervous system is diseased to a slight extent, the nails grow erratically, and leave these ridges which at first are very slight and can hardly be seen; but, later on, they become full ridges and are very noticeable if a complete breakdown is coming. In nervous prostration, the nails are very rough. As a cure is being effected, they grow smooth again.

12. When the person with fluted or ridged nails shows no sign of nervousness, there is but one conclusion, and that is exhaustion of the brain nerves leading to brain paralysis or insanity. This is indicated more in the thumb than in the finger, and the thumb nails will be very deeply grooved. The warning carried by any fluted condition of the nails of fingers or thumbs, should be acted upon, and the nervous system made whole again by proper attention. There is always time in such cases if delay is not permitted.

13. The RINGS beneath the eyes, in middle-aged or old persons, indicate hardening of the arteries; or premature decrepitude. This can be checked and cured if taken in hand as soon as possible after the rings appear.

14. When the flesh rises up around the edges of the nails and is puffed, the throat is suffering from a chronic condition that should be examined and remedied.

15. When the finger tips are like bulbs or swollen, consumption is clearly shown. This never fails in telling the truth at the early stages of tuberculosis. The condition should not be neglected, for nature is trying to give her warning of the coming scourge. Sometimes the fingers bend forward and the nails seem to sink into the flesh.

16. The insides of the hands may be of various colors. When they are of a pure pink hue, the body and nerves are in good health.

17. When the insides of the hands are of a purplish red hue

marked with blue spots, the blood is bad and the heart out of condition.

18. The cold, clammy, white hand indicates anæmia, or poor blood and a bad diet.

19. The watery looking hand, of muddy color or having the hue of dough, attended with a bloated appearance, shows to a certainty serious kidney troubles that should be attended to without loss of time.

20. The yellow color in the inside of the hands, shows liver trouble, and is a never failing sign.

21. If the nails are abnormally small and delicate, the heart is weak and hereditary disease is present.

The facts given herein are gathered from observations made by the best experts, and have been proved in all cases where they have been studied. They are uniformly true. The lesson taught is plain. Know thyself, is the old advice. All persons should know themselves at all times. "Prevention is better than cure," sounds very well; but it is better to prevent incurable diseases than to be brought face to face with them at a time when hope has fled and cure is impossible.

Therefore study these danger-signals, and fly for safety while yet it may be had.

22. DANGEROUS AGES.—These may be easily ascertained, for records give the age of every person dying under normal circumstances; and deaths from violence or accident would have no bearing on this study. The first year of life is by far the most prolific in deaths. Strange to say, the seventy-first year is next, based on the percentage of all persons living to that age. On the same basis, the forty-fifth year is the next in point of danger. After that is the fifth, then the fourteenth, then the sixtieth, and the nineteenth. The value of this information is to warn people to exercise greater care at the ages stated. Attention to the health saves many lives, and more are given a long lease by preventive care than by healing methods.



ELEVENTH SECTION

NATURAL CURES

BY THE RALSTON TREATMENT



MOST PERSONS who read this book will be unable to undertake the building of a new body, on account of organic troubles or other chronic conditions that have already secured a hold on them. When there is trouble in any one department of life, there should be concentrated attention as the first step to be taken. When such attention can be accompanied by the process of building the body anew, or when the latter step can be used as the means of cure, it will help matters very much to combine these measures with the suggestions that are now to be given.

Doctors say that ninety-five men and women in every hundred have some organic or chronic disease, either developed, or in process of developing.

In seventy percent of people the liver is hardening.

The germs of tuberculosis are in the lungs of eighty-five percent of all men and women.

Eighty persons in every hundred have weak or erratic heart action.

Painless, or blind, inflammation of the stomach, which is a source of the gravest danger, is present in ninety-nine percent of all persons; only one in a hundred being free from it.

Sixty percent of the people are candidates for appendicitis, requiring only acute conditions to develop the disease without warning.

A high official of the United States Government recently made

the following statement: "The medical examination required of the men drafted in the war has disclosed the surprising unfitness of the nation as a whole. If the strict standards of health were adhered to, it would be the hardest kind of a task to muster in even one division. It is to be hoped that hereafter the people will seek better health, if not for the purposes of war, at least to enable them to enjoy life and its blessings."

As paralysis, heart failure, neurasthenia, stomach troubles and kidney diseases are almost sure to follow the use of pills, drugs and medicines, it is important that we obtain, if possible, some course of natural treatment that shall remove the dangers of disease without inviting other and more serious consequences.

To start with let us adhere to the basic rule which says:

"Let Nature Take Its Course if you wish a Safe and Permanent Cure."

There are THREE CLASSES OF MALADIES.

1. The "TOO LATE" Class of Fatal Diseases.
2. The CURABLE Diseases.
3. The Lesser Troubles; these need no special treatment, as they disappear in the general improvement of the health.

THE "TOO LATE" CLASS OF FATAL DISEASES.

In this "Too Late" Class there are seventeen maladies:

1. Acute Indigestion.
2. Apoplexy.
3. Appendicitis.
4. Bright's Disease.
5. Cancer.
6. Diabetes.
7. Diphtheria.
8. Heart Failure.
9. Influenza (Spanish).
10. Lockjaw (Tetanus).
11. Neurasthenia.
12. Neuritis.
13. Paralysis.
14. Pneumonia.

15. Rabies (Hydrophobia).

16. Tuberculosis (Consumption).

17. Typhoid.

By "Too Late" is meant that the disease may secure a hold before the victim is aware of its coming; and that death may result despite the most desperate efforts to combat it. There is no certainty of cure. But prevention is possible in every case.

1. ACUTE INDIGESTION.—This is one of the most common and most desperate of the quickly fatal maladies. As a rule the attack comes with great suddenness and the patient falls over dead, often at the dinner table. It never occurs in the early stages of a meal. This confirms the theory that it is due to the presence of food that, instead of being acted upon by the gastric juices, undergoes a process of ferment or decay, thereby generating gases that emit poisons which destroy the action of the heart. Where this is the case, the method of prevention is to be found in the habit of eating foods of the same time class of indigestion, or that are disposed of together in the stomach.

On the other hand there are foods that are very difficult of digestion, and some that belong to the NEVER CLASS which have been listed in the earlier pages of this book. Any of these may set up acute indigestion.

2. APOPLEXY.—After one attack, if you survive, you are never the same; and subsequent attacks may come with greater ease. The first appearance of this malady is the beginning of the end. Therefore let it stay away. The cause is deeply founded, and begins when you indulge in the foods of the NEVER CLASS which are listed on page 61 of this book; and in the foods of the FOUR HOUR CLASS and FIVE HOUR CLASS which are listed on page 60. If you eat the foods of the other classes, it would require either an excess of them, or the use of those that are too concentrated, to develop the tendency to apoplexy. Thus the following foods of the splendid ONE HOUR CLASS will set up this tendency if eaten in too great a quantity: Beef, corn meal, egg yolks, hominy, lamb, macaroni, peas and vermicelli. The following from the TWO HOUR CLASS listed on page 57, will bring about the same result if eaten to excess: Beans,

buckwheat, capon, chicken, nuts, pancakes, pigeon, tomatoes, veal. Any of the foods of the THREE HOUR CLASS when eaten in too great quantities will set up the same tendency.

If you are above the age of forty, or if you have ever had a dizzy spell from a sluggish liver, if you are heavy and full-blooded, or have a fullness of the head when lying down, adopt at once the following plan of living: Avoid excess of foods mentioned above. Avoid those in the Three Hour, Four Hour, Five Hour, and Never Classes. Get out in the open air as many hours each day as possible. Walk instead of riding, even if the distance may be long. Exercise all you can. Become physically active instead of sedentary. Sleep in cold rooms at night with the windows open in summer, and at least one window open in winter with a lower screen made of sliding parts of a frame covered with dust-proof cloth. Increase the action of the lungs. Bathe in hot water every night of the year the body from the waist line down in winter, and the whole body in summer. Do not bathe in cold water at all.

3. APPENDICITIS.—The immediate cause of this ever-increasing trouble is the sloughing off of the congested lining of the intestine at the opening of the appendix, which is a small sack having no part in the activity of the bowels. When the opening is eaten away, the foul contents of the intestines find their way to the interior of the small sack; and, not being in the line of activity, these contents remain and set up mortification. This spreads and becomes peritonitis, involving the abdominal wall, and, in that stage, is always incurable.

CURE.—The indirect cause, or the first step in the cause of appendicitis, may always be traced to food that is foreign to the body, and to preservatives in food, and adulterations as well; while general congestion of the intestinal lining is due to lack of even digestion. The remedy lies in avoiding all five of the enemies of life described in the Fourth Section of this book. When, more than fifteen years ago, appendicitis began to be common among all classes, but notably among the people who lived high, and those that traveled, the chief cause was then traced to the great prevalence of foreign material in foods, and to preservatives and adulterations in everything found at hotels. Baking powder holds the lead in this respect. More than ten years ago, several thou-

sand families of Ralstonites made up their minds to avoid all the foods that are not given in the ONE HOUR AND TWO HOUR CLASSES; with the result that there has never been a case of appendicitis among them, while their neighbors have suffered along with the average of the people. This proves that this dreadful and expensive malady may be prevented by food-selection.

A few facts that have been verified by the most careful and exhaustive investigation are worth repeating here:

1. Appendicitis is most common, per capita, among those who board at hotels, eat on trains, or at restaurants. In fact, the attacks are fully twelve times as many among such classes, as among all others combined, in proportion to the number of people involved.

2. Appendicitis is most common among those who eat the products of fine white flour, especially in the form of new bread and pastry.

3. CRISPS, or the common flaked forms of breakfast foods, probably cause more cases of appendicitis than any other one food item. But they are not the only thing that is active in this evil. Eminent experts in the treatment of this malady, especially along preventive lines, state that it is their belief that CRISPS persisted in, will set up appendicitis in time in almost any person; but that PRESERVATIVES in foods, drinks and other things will do the same. Re-cooked fried or baked meats tend to the same end.

BRIGHT'S DISEASE.

CAUSE.—It is very rare that a person under forty years of age is subject to this malady. It attacks those who are over forty, and is almost always incurable when advanced. It gives little or no warning. The first thing the victim knows is that the eyes are fast giving out, and then he is told he has less than six months to live. There are three kinds of Bright's disease:

1. The inflammatory disease.
2. The gouty affection.
3. The waxy condition. The latter is due to venereal diseases and is never curable.

The gouty affection attends the presence of uric acid in the blood, and has its origin in the same cause as rheumatism, which

see. In the kidneys, as in the liver, there is a change of tissue to a leathery growth which refuses to carry on the duties of the organ, and death ensues from gout or from urine poisoning.

The inflammatory condition of Bright's disease is curable in the first stage; and there need never be a failure to effect such a cure. But in the advanced stage, there is a breaking down of the heart, the blood vessels and various organs; then no hope remains.

CURE.—The first thing that an expert asks of a patient is if he is addicted to the use of beer, wine or liquor; for alcohol is the surest enemy of the kidneys and liver. But there are kinds of Bright's disease that may or may not be caused by alcohol. An excess of meat-eating may contribute to the danger. In countries where the people never eat meat, there has never been a case of Bright's disease. Tea, coffee, charged waters, soda waters, and all alcoholic drinks are hurtful. All patent medicines do harm. Despite the claims of advertisements, there is no medicine that will decrease the malady. The only cures ever effected have come from dieting.

The direct action of this disease is the accumulation of urine in the blood which goes to the brain, heart and all parts. The skin must be kept open. Perspiration is an advantage and necessary. This is secured by wearing porous under-clothing, heavier than is ordinarily needed. A hot water bath every night is important. The lungs carry off a great deal of the urine; and deep breathing is an aid in this respect. Any person who so desires, can easily double the volume of respiration as a habit. Of course, it is not natural for all urine to pass out through the lungs and skin, although part of it escapes in those channels even when the health is perfect. The kidneys are made to do that work. Under the experiments such as are referred to in the Second Section of this book, a piece of kidney cut out and placed on a slide at once; or, after being in cold storage for any length of time, no matter how long; will, when freed from its poisons and given perfect food, begin to grow healthy tissue and perform the function for which it was created.

In desperate cases of Bright's disease, resort at once to buttermilk, distilled water, and the escape of the urine through the lungs and skin, as already stated. Take no other food than buttermilk,

and take all you can get into the stomach, always slowly. Put double work on the skin and lungs. Some cases have pulled through in this way. But if you have this malady and do escape death, adhere to the ONE-HOUR FOODS after you are well, for you may not retain your health long if you are again careless.

It is better to prevent this malady than to try to cure it; so if you have fear of it, adopt the ONE-HOUR and TWO-HOUR FOODS now; and let tea, coffee, beer, wine and liquor alone.

5. CANCER.

A few facts have been established concerning cancer:

1. Its primary cause is the abnormal weaving of tissue that makes flesh.

2. When this abnormal weaving of tissue has once begun in any part of the body, it seems probable that specific germs or bacilli attack the growth; but this latter presumption is not yet proved, although it is well indicated.

3. CANCER is the most dreaded of all diseases.

4. There is but slight hope of cure, and that comes only when the first erratic growth is discovered, and removed by a knife.

5. CANCER is yearly increasing its number of victims. Children and younger people are not subject to it, as a rule, but it increases every year its slaughter of men and women who are in middle life or mature. Among the grown people, the recent death rates show a most alarming progress in the malignant form of the disease. In the period between forty and thirty years ago, the increase was twelve percent. In the next period, between thirty and twenty years ago, the increase was eighteen percent. In the next period, between ten and twenty years ago, the increase was twenty-six percent; and it is claimed that it has mounted still higher in the decade just passed.

In city and country, in town and village, this increase goes steadily on. The patients obscure themselves as much as possible. In conversations with doctors in a town of less than two thousand inhabitants, we learned that there were eleven cases of cancers among women there of the breast and uterus; one of the face; another of the hand, and one of the arm; making fourteen in that sex. One man had cancer of the throat, another of the lip, another of the groin, another of the back of the neck, another

of the tongue, another of the stomach, and another of the liver.

There is no disease that causes more suffering than CANCER. The pains are intense, and the wretched conditions so abject that death is much to be preferred to the weary months and years of waiting for release. The cancerous discharges are filthy and loathsome. A blight is cast over the lives of loved ones who must share the humiliation and disgrace of this disease.

The warning of a coming cancer is generally too late. The rule that is safest to follow is this: When a lump or hardening appears at any place, no matter how small, and refuses to be reduced by the circulation, then it should be watched for a sudden growth far beneath the surface, where its arms reach out to great distances before the sharp pain is felt. Only an expert physician can properly determine what it is.

THE PRINCIPLE INVOLVED is very simple. Look at the flesh under the microscope; there you will see the woven tissue that makes up the life of the body. The ever circulating blood is weaving new tissue all the time; and the use of the body is breaking down that tissue. The broken down tissue must be carried away as fast as the new is made. What remains becomes a malignant poison, the most treacherous known; for, if you but prick your flesh with the point of a knife with which you are cutting meat, the chances are ten to one that, in less than a week, you will die. This is blood poisoning. It is the broken down tissue of the meat.

If the tissue be broken in the process of weaving, your flesh is a poison, not a healthy body. Therefore the tissue must be perfectly woven to begin with. It is made from the blood which brings to it the needed elements. The blood must be pure and wholesome; if not, it will weave a poisoned flesh. In order to make the blood pure and wholesome it is necessary to inhale oxygen in the air you breathe. The lack of this element is asphyxiation or suffocation. Air that is partly deprived of its oxygen, is partly impure; and as such cannot make the kind of blood that will weave perfect flesh. The result is the making of tissue that is abnormally woven; and all cancer doctors agree that such defective weaving of the tissue is the BASIS OF CANCER.

EXPERIMENT.—Now turn to page 23 of this book.

There you will find the beginning of the most important tests ever made; for they show that the weaving of the body and its parts has been observed under the microscope.

You have before you some tissue and some blood, the former weaving itself perfectly as long as the blood remains pure. Now breathe upon that blood the least quantity of TOBACCO SMOKE, and what happens?

Instantly the tissue CURLS UP and becomes DEFECTIVE. The weaving goes on, but the result is abnormal.

Cancer experts all declare that the basis of cancer is abnormally woven tissue in the body.

We do not believe that the germs of cancer are contained in tobacco; but we do know positively that the inhaling of tobacco smoke, or the chewing of tobacco, or contact with any form of tobacco, may CAUSE THE ABNORMAL GROWTH OF TISSUE, which is the first great beginning of all CANCERS. It is in such growth that the germs set up the disease.

What is known as "smokers' cancer," the same malady that caused the death of General U. S. Grant, and of many prominent men, is just like all cancers. The public is informed of such deaths only when the victims are royal personages or very well known; but a physician who had investigated this subject made the statement that "more than one hundred thousand men had died of 'smokers' cancer' since he began practice, although cases were sometimes quite isolated."

Recently the papers have had much to say about the death from cancer of the tongue of a person known all over the world. This man had been warned of his danger, but gave no heed. Cancer appeared on the tip of his tongue, and was cut out; it spread, and the whole tongue was removed. He could not talk, but could sing wordless songs. The cancer formed at the spot on the tongue where the cigars touched it as he smoked. He said that he would have escaped cancer had he smoked moderately, and attributed his affliction to the excessive use of tobacco. But the point is this: if tobacco in excess will cause cancer in one person, it will cause it in others when not used to excess. That it causes it, is all that need be known of that part of the subject.

But cancer of the tongue from contact with the ends of cigars is a frequent visitation. While cases are seemingly scattered,

cancer doctors and sanatoriums know the great total number of such victims. They run into thousands in a very short time. The main fact is that the cancer begins to form at the part of the tongue where the cigar touches it.

One of the precautions sent out by experts on cancer is this: "Persons who use tobacco should be very careful to avoid contact with any cut or scratch on the tongue or lips, no matter how slight. The teeth should be looked after, as sharp edges may cause abrasions that would be harmless if tobacco were not to touch them." All cancer doctors concur in this.

A recent death from cancer of the lip was published far and wide in the papers. The man had never smoked a cigar, but always used a pipe. One day he drew the pipe quickly from his mouth, and the rough part of the clay stem pulled off a small piece of flesh from his lower lip. This he tried to heal by touching it with some tobacco. Cancer resulted, the lip was cut away, but he died.

While "smokers' cancer of the throat," as doctors call it, kills tens of thousands, cancer of the tongue from cigars is a close second. There are many victims who have had the tongue cut out, but without avail. *In Europe where the habit of smoking cigarettes is on the increase among women, cancer of the tongue is also on the increase.* In fact the remarkable increase in deadly cancer year by year is accounted for by the increased use of cigarettes; and women suffer much more than men from this horrible fate.

Snuff is tobacco. A woman whose nostril was closed, placed snuff only in the left nostril, and died of cancer of the left side of the nose. Of all the deaths from cancer of the face, many are traced to the habit of snuff taking; and others to some form of tobacco use.

The papers have been discussing the death of a woman who had a fondness for putting snuff in the mouth, not to chew, but to hold there, and she always placed it against the left cheek. There was no abrasion or cut; but cancer developed, and the left side of the face was cut out; but the result was death.

A man who did not chew, formed the habit of biting off the end of a cigar and holding it in the mouth against the right cheek. Cancer formed at the place and he died. If all known cases of the kind were collected in one book, they would surprise the world. But cancer doctors understand them fully, and know the relation of tobacco to cancer.

A woman who carried her snuff box under her clothing, a few inches below the neck, died of cancer at that place.

Another woman who used to conceal her snuff bag by sewing it to the lining of her dress below the hips, died of cancer that formed at that place.

A man, who was a well known doctor, carried his cigars in his upper left hand vest pocket, so that the ends of the cigars touched the armpit; and he died of cancer under the armpit, in the forward part exactly where the cigars touched the body. The writer knew personally of the case, and mentioned it to a cancer expert, who stated that he knew of more than twenty cases of cancer of the armpit caused by carrying cigars in the pocket of the vest. If you wish to see how easily this may occur, place half a dozen lead pencils in the upper left hand pocket of a vest, and note where the ends strike; cutting the pencils to the length of a cigar.

The writer may be pardoned for stating that a relative of his who could not be induced to give up smoking, died of cancer from that cause; and this relative's brother also died of cancer from the same cause. He also knows of the death of a gardener, a friend of his, who scratched his hand and applied tobacco as an antiseptic, which resulted in a cancer at the scratch, although he had countless times been similarly wounded and had never applied tobacco as a healing agency.

This brings up the question, Is not tobacco an antiseptic? Yes. But the duty of an antiseptic is to destroy cells of disease-germs. All flesh is composed of similar cells, and are equally destroyed by antiseptics. It is for this reason that sterilized milk reduces the health and vitality of children, as the food cells are destroyed. Tobacco does its harm in changing the cell structure of the tissue. It is a destroyer of good tissue, as well as of germs of disease. After it has set up abnormal tissue growth, and is gone, the germs of cancer probably enter. They are very likely too powerful for any antiseptic, as has been shown in the great battles of experts to kill cancers by such methods.

As has been said, the increase in deaths each year from cancer, is found largely among women who smoke cigarettes. One woman found what she called a peculiar sting on the tongue, as the smoke came in contact with it, and shortly a cancer was developed. She had her tongue removed, after fighting the advice for a long time; but she died. This case is becoming typical. *The harvest is*

only just now beginning among women who smoke.

We seek light and information. Years ago we asked, through our thousands of members everywhere, to be informed of any case where a person died of cancer who had never come in contact with tobacco, or who had not inhaled tobacco smoke. One strong case was brought to our attention: that of a woman who died of cancer of the neck. But we found that she had a window bench of flowers, and that she placed tobacco stems around the plants; and, while handling the stems and breaking them into pieces, she would lift her hand to her neck as she watched the flowers. It was at this spot that the fatal cancer grew. Can anyone doubt the relation of tobacco to cancer?

While it is not openly stated, it is a growing belief among experts that, in the near future, every case of cancer will be charged to the use of tobacco or to the inhaling of tobacco smoke. In other words, it will probably be proved that cancer is impossible unless its origin is due to tobacco.

Persons whose blood has acquired a cancerous tendency, especially from inhaling tobacco smoke, will recognize such tendency from the slowness with which bruises and slight wounds heal. The greater the cancerous tendency, the longer the discoloration will remain.

6. DIABETES.—The kind of malady under this name that is most dangerous is known as mellitus. It comes on without warning, and generally ends in death. It is attended by unusual thirst, and an excessive flow of urine containing great quantities of sugar. The body wastes away; in time sores and gangrene appear; and the end comes often through abnormal sleep.

CAUSE.—Less is known of this disease, both as to its cause and treatment, than of any other leading malady. Doctors have tried in vain to discover the basic influence that sets up diabetes; they have traced it from the third brain, or medulla, to the liver, and thence to the inward parts of the body, even to some minute and hidden process, but nothing has been learned by the medical profession that solves the mystery of its origin. The location of its source is one thing, and the manner in which it begins its fatal work is another.

Equally uncertain and aimless is the method of treatment and the attempted cure. Doctors admit they are helplessly at sea.

Because great quantities of sugar pass out in the urine, it is assumed that sugar causes diabetes; and, therefore, that the kin-foods of sugar, such as the starches, are likewise guilty. But in all the years of this assumption and its consequent treatment, there has never yet been one iota of proof that sugars and starches cause the disease.

The Ralston Health Club therefore says to the medical profession: You must begin all over again the study of diabetes, its cause, the best method of dealing with it, and the chances of cure. You have been wrong for generations; you have never yet saved one patient; the best you have done is to prolong a miserable life now and then; and you know nothing of the malady. Your diet has been wrong all the while.

It is undoubtedly due to an abnormal condition of the nerves that control the liver and the organs that depend on the vitality of the liver. In other words, it is "insanity of the liver and its aids." But this means nothing if it cannot be dealt with by a curative treatment. These vital parts of the body require their daily renewal through the flow of pure blood; they seek the fourteen chemical elements that make up that flow in a healthy body. They thrive in that way only. Anything in the blood that is foreign to their needs, is a poison; and nothing is more readily poisoned than the liver.

This being true, then it is clear that the first step towards a cure is to ascertain what foods contain the fourteen elements, and what contain foreign material; making use of the former and avoiding the latter. This is common sense.

For forty years we have investigated all kinds of cases of diabetes, and have found the following to be true:

1. We have never heard of a case where the drinking and cooking water was obtained from deep wells.

2. In places where the malady seems to most abound, the drinking water is all of the surface kind. This means that it is from rivers, brooks, ponds or lakes. Did you ever drink water that had a flavor of gas, or of decayed vegetation? It is smoky in its taste. It has been filtered by the most approved modern methods; it has been boiled long and hard; but the TASTE REMAINS. That taste indicates the poison to which we will refer. It shows that boiling and filtering fail to remove a certain something from

the water. They kill the living germs; but there are poisons that cannot be killed by any process, for they have become a part of the water. Paris green or arsenic cannot be destroyed after being put in water; they go along wherever water will go.

3. All surface water has flowed over the land, and under trees and shrubs. There is no land anywhere that is not inhabited by insects; or over which countless birds do not fly and roost. Every acre contains millions of these forms of life. All insects exude manure and urine; and birds drop both with unceasing frequency. Ponds, lakes, rivers and brooks are made up of water that has flowed over the land, and that is necessarily saturated with the urine and manure of countless millions of these small forms of life. One such deposit is trifling; but the combined deposits of billions make a great total.

4. What becomes of the poisons that are thus put into the water? If there are germs, they are killed by boiling. If there are obstructions, they are partly removed by filtration. But these poisons become a part of the water itself. Filtration and boiling do not remove the hydrogen in the water, nor the oxygen; nor any dissolved poison.

5. If you will study, as we have, the history of this disease, you will find that it is found solely in localities where the drinking and cooking water comes from a surface origin.

6. While diabetes is due to material in the blood that is foreign to the needs of the body, it must be true that some of the foreign elements are more guilty than others in causing this trouble. But the safe rule is to adopt a diet that will overcome these influences; therefore we prescribe the following course of treatment:

Fresh Air. Increase the lung capacity steadily and persistently.

Exercise. This disease is held in check by such forms of outdoor activity as invite the increased flow of the blood, and the more vigorous action of the lungs.

Water. Use only distilled water if you can get it for drinking and cooking. Next best is rain water. Next after that is deep well water.

Food. The most approved and beneficial food in this treatment is the baked potato, eaten with the skins on, either buttered or with cream and salt, or milk and salt. Chew the skins long and fine before swallowing them. If the excess of sugar continues

in the urine, discard the insides of the potatoes after they are baked, and eat only the skins and about one-fourth of an inch of the part next to the skin. These could be eaten in any quantity desired, three times a day. They become very palatable if properly prepared. Very new potatoes, and old ones that have become waxy through sprouting, are to be avoided.

The next best article of food is a raw egg beaten in a glass of whole raw milk that has not been pasteurized. This can be taken at every meal, and at night just before retiring. Next in value is buttermilk, which helps wonderfully to sustain the strength and rebuild the body. Milk, cream, butter, all meat fats that are not cooked to a crisp, beef, lamb, mutton, stale bread that has been toasted and served either in milk or made into a custard pudding, all kinds of dry fruits such as raisins, dates, figs, etc., are good. Cup custards also are useful; as is pure ice cream. Hominy cooked all night in a fireless cooker; and oat meal likewise cooked; as well as corn meal eaten as a pudding or fried into a mush, provided the meal has been cooked three or more hours before eating in any form. All fruits in their season if fully ripe, may be eaten. Fish, oysters, stews, soups, broths, poultry, game and similar lines of food are beneficial.

The prevailing diet prescribed by doctors for diabetics, has practically starved them. It has been wrong in theory and in fact. It was based on the belief that, if sugar appeared in the urine in great quantities, then sweets and starches must be the chief cause of the disease. It was only a presumption.

The above diet, instead of starving the patient, will build him up.

7. DIPHTHERIA.—This malady has been the cause of slaying millions of people of all ages, mostly those in childhood or in their teens. The first real steps taken to check its ravages were those that sought to prevent its invasion of the home. But once it got hold of its victim, it brought death in a large proportion of cases; and it spread rapidly from house to house.

After learning how to prevent it by teaching cleanliness of the body, and of the surroundings, and especially of the mouth and throat, added to the habit of nose breathing, the fatalities decreased.

But it was not until the use of a serum injection was discovered that the real mastery of the malady was secured. If quick action

be taken in the beginning, it is possible to save practically every life.

8. HEART FAILURE.—When this organ ceases to beat the life of the body goes out no matter how well it may be. Sometimes so slight a cause as the poison gas from indigestion may bring the fatal end in a few seconds. The first caution, therefore, is to be directed to the diet.

It is a rule that the heart is no better than the blood that runs through it; for it is built daily from that river of nutrition. People eat countless articles that are called food, but that are not blood-makers; and these prevent the construction of the tissue of that organ as a perfect piece of work; added to which is the injurious effect of the presence of poisons in the articles and blood vessels that are a part of its life.

The human body, including the heart, requires fourteen elements in its food. The actual number of useless elements that people eat and drink are more than double fourteen. These, instead of giving nourishment, are in the way, and must be fought out of the system. This takes nervous energy, overtaxes the vitality, and leads to weakness. The first organ to fail in its operations is the heart. Wholesome food in proper quantity will re-build every part of the body; and, on the other hand, will not tear down its important functions.

9. INFLUENZA. (SPANISH.)—What is improperly termed the Spanish Influenza is a germ disease on the order of the grippe; probably closely resembling the early attacks of the grippe of more than a generation ago.

It invades the nose and throat, and there becomes seated while its progenies grow and infect the bronchial passages and the lungs. When confined to the nose and throat, it may be controlled until it passes off; but when its poison reaches the lungs, it takes the surprising course of causing paralysis of that section of the body, with the result that the air no longer is carried to the blood. Every pupil in the upper schools knows that the blood is dark or black on its way to the heart; and is made red by the action of the oxygen in the fresh air inhaled into the lungs.

If no fresh air is taken into the system, the black blood remains unpurified, and soon darkens the skin. Hence the name of the

“Black plague” and similar terms, will be applied to this disease; while the explanation is very simple.

So quickly does the paralysis follow the advance of the germs into the lungs that very little opportunity is afforded to combat the malady.

In the first place, the nose and throat should be protected.

Any antiseptic salve inserted morning and night in each nostril will serve to that extent. The practice of nose breathing is important. An antiseptic spray or gargle in the throat morning, noon and night, will effect the desired end. These are preventive measures.

The great danger is the quick paralysis of the lungs soon after the germs reach that part of the body. If the patient is able to help himself, the best method is to take advantage of the fact that oxygen in pure outdoor air, especially in sunlight by day, is the direct enemy of these germs.

The lungs should be completely emptied of its air; for that contains the enemy germs. The emptying may be effected by exhaling as long as possible, aided by pressure on the chest to drive out further air. The lungs should then be filled slowly and very steadily until packed full; after which more air may be inhaled through a pipe stem. Then, while holding the breath, tap the chest everywhere by the tips of the fingers with a rapid action, bending the arms at the wrists only, and not at the elbows.

This can be still further assisted by inserting the antiseptic salve in the nostrils before the first inhalation; and also by spraying the throat with an iodine preparation prepared especially for this use.

The result will be destruction of all the enemy germs in the lungs through the barrage of the oxygen in the inhalations, aided by the heavy fire of the destroyers in the salve and spray.

The same method will destroy the germs of tuberculosis.

10. LOCKJAW.—Tetanus or lockjaw is much more common than is supposed. It is due to specific germs that are imbedded under the skin, especially the tough hide of the palms of the hands and the soles of the feet. They are introduced by some foreign substance attending a wound; as when a nail enters the foot or hand, or shot or parts of a discharge from a gun or from fireworks carries infection into the blood.

The danger follows when the skin begins to heal and cover the germs.

Very soon, and without warning, the whole body is involved and death ensues with great agony.

Oxygen in fresh air is the only natural remedy.

This is secured by keeping the wound open all the time, and compelling it to bleed freely by pressure around it. At the same time there should be some powerful antiseptic introduced. If a doctor is not within reach, use turpentine on the fresh surface and force it into the wound after opening it and pressing the blood out.

11. NEURASTHENIA.—This is so often fatal that we will refer to it in this place. When it is deep seated, it seems to be incurable. It is known by most experts as the “noise disease.” By some persons it is charged to over-taxing of the mind. The real cause is the discord of the nervous system through any irritating cause. Of all cases, more than ninety-nine percent originate in noisy cities; even while a tired person sleeps, the brain is suffering irritation from the night noises. One doctor, a specialist in nervous prostration, asserted that, out of 1000 cases, exactly 999 originated in the cities. But late hours, distracting worry, and any irritating causes may bring on this condition and result in death.

12. NEURITIS.—This is called the “Coffee Disease.” But many other things than coffee cause neuritis. Next to cancer and insanity, it is the most rapidly increasing danger of the present day. It differs from neurasthenia in that the latter is the exhaustion of the nervous, physical and mental life of the system; while neuritis is the ruin or disintegration, or breaking up of the nerve fibres and lines themselves. It is as though the wires of the telegraph had rusted and grown so thin that messages could hardly be sent in safety; while neurasthenia is like the sick telegrapher who is not able to send the message.

Alum in baking powder and in baker's bread and cake, can readily be shown to cause neuritis. The most prolific cause is coffee drinking, and especially in an era when the real coffee of a generation or more ago has been exhausted and other kinds have come into use. Yet more than this one cause, is the presence of adulterants in everything; and especially in white flour, the makers of which are permitted by law to bleach it. The increased use of

canned goods with their "preservatives" leads to this ruin of the nerves; for it follows the use of anything that poisons the blood.

At the end of the Sixth Section of this book you will find a list of the Fourteen Nature Elements and the Seventeen Nature Combinations that build the human body; and it is a safe rule that any other elements or combinations will lead to neuritis.

13. PARALYSIS.—It has been seen that the lungs are paralyzed in what is known as the Spanish Influenza just referred to. The result is that the victim suffocates. In acute indigestion, the carbonic acid gas from the stomach acts as an enemy to the action of the heart, and that organ stops because it is paralyzed. The patient, generally at the dinner table, falls forward dead. In the former case the cause is a germ poison; in the latter one, it is a chemical poison.

The nerves supply the life of every part of the body, even of the bones and skin, as well as the brain, organs and muscles. The man whose blood has been tainted by venereal disease sooner or later dies from paralysis of the brain, or paresis; or he may suffer from locomotor ataxia, which is a partial paralysis of the ganglia that supply life to the limbs.

If you are not to be included in any of the foregoing causes, then if you are to be paralyzed, the chances are a thousand to one that the cause will originate in some kind of patent medicines or from the use of TEA. Thus constipation must be relieved; and instead of ending it by the natural method stated in this book, you take pills. Remember that pills and paralysis are cause and effect. Laxatives and purgatives are intended to make the bowels active; they do their work up to a certain limit, after which the bowels are unable to respond. What is known as peristalsis or natural motion of the intestines, ceases, because the medicines and pills have paralyzed the nerves of the bowels. Thus you have another form of this malady.

Ninety percent of all paralytics have been TEA DRINKERS.

Please make a note of the following fact:

There is not a pill, or medicine on sale today that is not an agent of ultimate paralysis!

The most dangerous of all these influences are the widely advertised patent medicines and drugs. Not one of them is natural to the life of the body; all are foreign enemies; and their goal is paralysis.

On every such bottle, and on every pill box, write in red ink the word: "*Paralysis.*" Tea-drinking causes semi-paralysis of the nerve centers, and in time of the nerves themselves.

Shocks caused by cold water and cold air produce local paralysis.

A man opened a car window to cool off his un-bathed body after a hard run to the station; a man sitting behind him received ninety percent of the cold air draught, as is always the case, for the air rushed backwards with the advancing motion of the train. The man behind suddenly became helpless and was taken from the train a paralytic.

A small boy traveling in the cars with his mother, opened the window and put his head out a few inches; suddenly he found the side of his face where the cold air struck it, paralyzed. It has never to this day become normal. It is twisted out of shape. We have records of over one hundred cases of sudden paralysis attending the opening of car windows to let in the cold air.

Other cases follow the same principle. Thus a man who took a cold shower bath fell helpless into the tub. Another man who was overheated, sat under a ceiling electric fan in hot weather; and for the past eighteen months has lain on his bed a total wreck from this disease. A woman in a theatre who sat under an electric fan was paralyzed; as was another woman in a restaurant from the same cause. We have just received a report of a man whose shoulder and right side have been paralyzed from sitting in a draft at an open window in his home; the very moment the draft struck him he collapsed.

14. PNEUMONIA.—Under the law of probabilities, and in view of the rapidly increasing spread of this malady, the chances are that you will end your days in this way; although cancer, typhoid, tuberculosis, acute indigestion or organic disease may be responsible for your taking off.

Pneumonia is now surprising the world by its increase from year to year. Commissions that are appointed to study the cause, place the blame on the weather and the various habits of the people; and wholly overlook the FIRST GREAT CAUSE of pneumonia; which is CONGESTION OF THE STOMACH.

But, you say, YOU never have congestion of the stomach.

Do not deceive yourself. It is almost wholly painless; and can be discovered only in its results, unless you will take the trouble to drink a cup of hot water, very hot, on an empty stomach each morn-

ing. This will discover your congestion, and settle the question.

Because there are **THREE CAUSES** for pneumonia, people, and even expert doctors, shut their eyes to the one **GREAT FIRST CAUSE**, and look only to one of the minor causes:

2nd.—Exposure to dampness or chilling winds.

3rd.—Germs, or bacteria.

ALL THREE CAUSES must combine. But if you are free from congestion of the stomach, and expose yourself to the **GERMS** of pneumonia, they will be destroyed as fast as they attack you. Yet, if you are free from congestion of the stomach, and your vitality is lowered by exposure to dampness and chilling winds, you **WILL NOT HAVE PNEUMONIA**. You may be stricken with paralysis as the result of reduced vitality; but pneumonia will not attack you.

There never was a case of pneumonia that did not originate in an abuse of the stomach; and there will never be a case of pneumonia that does not so originate. Not long ago we saw children eating their breakfast of Saratoga chips, crisp breakfast food, and similar pain-causing non-food material; and we saw other children eating plain, wholesome food, but **BOLTING** it down without taking time to either chew it or salivate it in the mouth; and in these groups of children, pneumonia reaped its fearful harvest; while other children, eating only proper food in a careful manner, wholly escaped congestion of the stomach and pneumonia.

15. **RABIES**; or Hydrophobia.—This, the most terrible of all maladies, is due to the poison of a specific germ that has been transmitted by some animal to the system of a human being. As cats, wolves and other animals suffer from it, there is no reason why it should be charged against the dog except that he is the most convenient carrier of the infection.

A typical case is the following: A very fine, gentle, high-bred pet dog was asleep on the piazza at the front of the residence of a well-to-do family in which there were six children. A stray dog ran up the steps of the piazza and snapped only once at the pet; in fact it was not supposed that he bit him; but he did. In the course of time the pet dog snapped at all the children; four of them died in convulsions from rabies; while the lives of the other two were saved by the pasteur treatment, which had failed with the first four.

It is said that the total number of cases of this kind is not great;

yet the records of one institute show that they treat eight thousand cases a year on an average.

There are so many dog owners in the land, and public opinion is so strongly fixed in favor of dogs running at large, that it is impossible to teach prevention; therefore, if your child is bitten by your own pet dog after it has been bitten by a stray dog running through town, the only thing to do is to hurry your child to some institute for cure.

16. TUBERCULOSIS. (Consumption.)—Here we have another of the many germ diseases. The infection is clearly traceable. There are many kinds of tuberculosis, and almost every part of the body is subject to attack; but that variety that assails the lungs is known as consumption. It is by far the most common form of this malady.

1. The basic cause of pneumonia is stomach congestion.
2. The basic cause of consumption is anaemia, or thin blood.
3. Both maladies find the vitality at low ebb.
4. Both maladies, through their basic causes and the low vitality of their victims, invite the germs that set up the disease.
5. The ordinary powers of resistance in a human being are so much greater than the power of these germs that the latter would have no chance whatever of starting the diseases if the vitality of the victim were not abnormally low. This law is important; for it shows that nature takes care of those who take care of themselves.

6. We must first look for anaemia if we would combat the danger of consumption. The enemies of anaemia are: Fresh air, sunshine, lung development, deep breathing, pure water, and plain but wholesome foods. These foods must be eaten five times daily, but not in large quantities. Anaemia is active only when the stomach is empty. This fact is of vital importance.

7. If you can prevent or cure anaemia, you can prevent or master consumption. The latter is impossible in the absence of the former, no matter how many germs there are about you.

8. The germs of grippe, influenza, consumption, pneumonia and similar diseases, are all carried by dust. These germs do not cling to the clothes or the hands or skin, but to dust that is on the clothes, hands or skin. They do not cling to the hair of the dog or cat that carries them, but to the dust that is lodged in the hair of the dog or cat. In other words there can be no transportation

for the germs except on bits of dust, often too small to be seen except by the microscope.

9. Consumption, therefore, is the dust disease. So is a common cold. So is la grippe. So is diphtheria. So is the influenza. So is pneumonia. Eliminate dust, and you eliminate all these maladies, and end their long train of evils.

10. Your window is open. Put a cloth screen, dust-tight, in the opening. You will get the air, but not the dust, especially if you close up the space at the meeting rail of the window.

11. Dust from the street contains, in pulverized form, all that was both dry and liquid; and we will not drop to an enumeration of such forms of filth; you can think them out for yourself. That pulverized dust has come in through your open windows; it is on your pillows and sheets; it is on your table cloth, your clothes, your chairs, your carpets, your plates and dishes; and everywhere. If you knew what was in it, you would keep it out.

12. But there are germs in it. That is easily proved. In fact, there is not a particle of dust so small that it does not carry its germs of disease. Your brooms, your dry dust rags and your dusters scatter it; but like the unwelcome cat, it returns and settles on everything.

13. This shows you how these germs enter your lungs. The quickest death for them is dealt by oxygen. They cannot endure much oxygen. So if you can constantly increase the girth of your chest by developing greater lung capacity, you can fight them out; at the same time changing your diet so that it contains anti-anaemic foods, which are as follows:

14. Eat freely five times a day, if you suspect that you are anaemic, one raw egg beaten in a glass of raw whole milk that has not been pasteurized. The vitality of the milk is destroyed in part by that treatment.

15. Other articles of food that are useful are: Buttermilk, cream; cottage cheese; baked potatoes, eating the skins and all; oatmeal that has been cooked all night in a fireless; hominy cooked in same way; young green peas; boiled onions; custards; bread-custard puddings; dates, figs and raisins; loaf sugar, all the system craves, or any home-made candies, avoiding bought candies; beef at first cooking, but no meats that have been twice cooked; lamb, mutton, and other wholesome animal food that is relished.

16. Thousands of people every year are sacrificed to the doctrine of no-meat dieting; for this limitation of food sets up anaemia. This malady is surely increased by a no-meat diet; and lessened by the judicious use of meats with the foods referred to above. Do not lay down a useful life because you wish to pose as a vegetarian.

17. Vigorous exercise breaks down tissue in the lungs. Consumption breaks down tissue in the lungs, or rather consumes it, and that is why it is called consumption. Countless thousands of patients have died too soon because some mis-guided doctors or teachers told them to exercise. The fact is that the patient in this disease needs REST; it is needed in anaemia also. The only maladies that are helped by vigorous exercise are diabetes, liver troubles, stomach troubles and constipation. It is worth while to remember this fact.

18. Remember that tuberculosis is based on anaemia, and that anaemia thrives when the stomach is empty; but is held in check when that organ is digesting wholesome foods. Use no other foods than those we have mentioned. Rather than keep the stomach empty, eat freely of loaf sugar, or cut sugar that comes in hard lumps.

17. TYPHOID.—A well-known doctor said that he would rather have small pox than either typhoid or pneumonia. We agree with him. The danger of typhoid is in the decay of the intestines; if you recover, you are crippled in that region for life.

This is another germ disease. Nine cases out of every ten arise from drinking water. The other case is due to contamination of food that has been exposed. In most towns and cities, the bread-cases are as full of flies as of bread; and flies carry typhoid on their legs. In most towns and cities articles of food and fruit are exposed to flies and dust; in fact there never was a grocer who, of his own motion, protected them. It is always the law that is behind every effort to reduce epidemics. In an automobile tour more than a hundred stores were visited in towns and cities where flies were crawling over bread, cake, pastry, fruits and vegetables. When inquiry was made why these things were not protected the answer was always the same in effect, "The law has not reached us yet." If the fatalities were to come home to these miscreant grocers, we wonder what other excuse than the absence of the law they would offer. Will their guilty souls some day dream of the corpses, coffins and hearses they have set in motion

towards untimely graves? Yet people call themselves civilized.

If you boil the drinking water and milk, you kill the germs of typhoid, but you kill also the vitality of the water and the milk. In saving yourself from typhoid you invite anaemia. Life seems hard with this double enmity hanging over it.

The best thing to do is to destroy all typhoid wells, and all typhoid sources of water. This is easily accomplished if someone will take an interest in the matter. The Government was compelled to protect its army, so it drove out of existence every typhoid well and water source. Then it injected an anti-typhoid serum in the arm of every soldier, whether he wanted it or not; for one case spreads so rapidly that thousands of deaths may follow it if neglected.

We come now to a lesser class of maladies that are very troublesome, but that are not of the treacherous kind that seize hold of the victim and give him no chance, in many instances, of escape.

The next group will be termed

THE EIGHTEEN "COMMON MALADIES."

They are called "COMMON" because they are found everywhere, in all classes, and with persistent frequency. So familiar are they that sometimes they are called "pets" as in the case of rheumatism, boils, hay fever and indigestion. As they are rarely fatal except when they run into one or more of the "TOO LATE" class, they are neglected until they make life miserable.

The List of Eighteen "COMMON MALADIES."

We will number them from the end of the "TOO LATE" class:

18. Alcoholism.
19. Asthma.
20. Boils, etc.
21. Catarrh.
22. Colds.
23. Constipation.
24. Dandruff.
25. Gall Stones.
26. Grippe.
27. Hay Fever, Rose Cold, etc.
28. Headaches.

29. Insomnia.
 30. Liver Troubles.
 31. Malaria.
 32. Neuralgia.
 33. Piles, etc.
 34. Rheumatism.
 35. Stomach Troubles.
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18. ALCOHOLISM.—This is a disease, some say of the nerves, others of the mind, others of the moral character. The real fact is, it is a craving of the nerves for carbon in the form of a stimulant to combat the “devils” of a congested stomach.

There never was a case of alcoholism where the stomach was clean and normal. This fact is easily proved. It is also easily proved that the women who seek to induce erring husbands to reform, go on cooking the kinds of food in the kinds of ways that set up the “devils” in the stomachs of their husbands.

Here is another fact:

No man who eats carbon in large quantities, ever cares for alcohol. The craving for one form of carbon in place of another, bars the latter. Alcohol is almost pure carbon; over ninety percent. Sugar and home-made candies are pure carbon, or practically so. It is a rule that a man who has pure candies to eat, and eats them freely, never craves or uses alcohol. The Government recognized this fact when it supplied the armies with candies; but much of the latter were adulterated with saccharine, and other non-carbon things, which increase the craving for drink.

These and other adulterations set up the desire, instead of curing it. So do adulterated foods.

The real cure consists in the use of pure home-made candies, and of the foods in the One Hour, the Two Hour and the Three Hour Classes, cooked by women who know how to avoid the indigestibility of modern cookery. Once make the stomach normal, and the craving for alcohol will be a thing of the past.

19. ASTHMA.—This malady comes in advanced life as a rule when chronic congestion of the stomach has so far advanced upward as to involve the bronchial passages and the throat. The delicate, sensitive lining of the surface of the membrane has been eaten away in part, and the nerves are exposed. They suffer an

agony of irritability that leads to violent coughing and convulsive efforts at breathing.

If the lining could be repaired, it would end the trouble.

The best method of repairing it is to deal with the stomach; once make that normal, and all the adjacent and distant parts will be healed. While trying to effect this end, use the white of an egg to hold in the throat once every hour during the waking period. Also procure some antiseptic such as listerine and take it by the half-teaspoonful when the throat feels the least bit irritated.

20. BOILS and CARBUNCLES.—As soon as one appears, in its earliest stages, cut it open with two cuts crossing each other, and squeeze out a good quantity of blood. Then treat it to a liquid antiseptic, followed by an antiseptic salve.

Do not wait for it to grow; for if you do, it will be a year or two before they get tired out.

21. CATARRH.—This is a nasal and throat affair, although the stomach or any other membranous surface may have a catarrh of its own. Nose breathing, deep and full, practiced many times daily, and followed by the insertion of an antiseptic salve in each nostril three times a day, will effect a cure. But the main effort must be made by increasing the habit of nose breathing. This prevents the accumulation of the mucus.

22. COLDS.—These are due first to congestion of the stomach, for which see the treatment of Pneumonia on a preceding page. The second stage is the low vitality; and then comes the dust bearing the germs of a common cold. If you handle old papers, old books, or old clothing that is dusty, you stand a good chance to catch a cold.

To save yourself in advance, spray the throat with a liquid antiseptic, such as some form of iodine; and insert in each nostril a small bit of antiseptic salve. Then go about the dusty work with immunity.

23. CONSTIPATION.—We come now to the greatest enemy of the human race; the forerunner of piles, of appendicitis, of liver diseases, of hardening of the arteries, of paralysis, of heart failure, and of apoplexy. It surely has much to answer for.

When subject to constipation, the first mistake you make is to take pills. They in time lead to paralysis of the bowels, and then you are worse off. Insist on securing the desired results in a natural way.

It is wholly a question of diet and abdominal action. Let us look into both these things:

The DIET to cure constipation should be confined to the One Hour, Two Hour and Three Hour Classes of food as noted in the early pages of this book. But the special articles are these: Arise one hour before breakfast; drink two glasses of water slowly. Eat at that time one orange and one apple; see that both are ripe. In place of the orange, take the juice of a lemon. For breakfast eat oatmeal cooked all night in a fireless; using milk and sugar, or cream and sugar on the oatmeal. Also eat a large plate of prunes that have been well cooked. In the middle of the forenoon, eat six figs that have been sterilized; after eating a mellow apple. Repeat these in the middle of the afternoon.

If the trouble does not right itself, knead the abdomen by deep pressure in all parts, for half an hour every morning and every night before retiring.

Remember that the natural movement is a habit; and if you do not give it a daily opportunity, you will never find a cure. Some persons refuse to go to the toilet until nature compels them to do so. This is the most grievous physical sin.

Cooked eggs, cooked milk, and fine white flour cause constipation.

24. DANDRUFF.—This is the scaling off of the scalp in flakes that are not useful in any capacity.

The cure is to get some skin soap, or good antiseptic green soap, mild and safe to use, and give the scalp a thorough washing every night just before retiring. Rub the lather in with the tips of the fingers, knead the scalp in all directions, and then rinse in warm water, after which you will find a busy ten minutes getting your hair dry enough to enable you to go to bed and not catch cold. But the dandruff will disappear.

The habit of cooling the head in this way will assist in making you sleep soundly. Do not fail to wipe the hair perfectly dry, or you will wake up with a bad case of neuralgia.

25. GALL STONES.—This malady comes from drinking hard water and from eating too heavily of unwholesome foods, such as tomatoes, pork, pastry, fried things, etc. Adopt the diet of the One Hour Class for a while; then add that of the Two Hour Class. The only food that will dissolve gall stones is skimmed milk, and that does it very slowly; not fast enough to counteract the effect of a continued bad diet.

When the trouble reaches the colic stage, an operation should be indulged in. It is safe if properly done.

26. GRIPPE.—The malady called *La Grippe* came over this way more than a generation ago, and was severe. Since then we have had a milder form of it, with some variation in the germs employed; until the recent influenza has brought back memories of the first visitation of the epidemic.

What is said under the title of the Influenza should be read now.

When you feel the sensation of dizziness in the head, attending a cold, it is the grippe. Lie down. No matter what your duties picture theatre; let it be pleasing and attractive. If you ever finish it, review it as often as you wish; the more you review it, the more easily you will fall asleep.

are, try to rest in a prone position, and sleep if possible. Take a diet of raw eggs and milk five times a day; one egg in a glass of milk each time; and take nothing else but cold water.

27. HAY FEVER and ROSE COLD.—A serum has at last been made that will cure this malady in nine cases out of ten, with the tenth likely to succumb in the following year. Any good doctor will apply it.

28. HEADACHES.—This is the most common of the maladies that are in evidence. It is as old as the race. Some men have it, and most women. The latter go about with cloths on the heads or at their temples, suffering; and have never been told that headaches come from very simple causes, as follows:

The most common cause is an empty stomach. Ralstonism has probably cured hundreds of thousands of cases by insisting on five meals a day, or even six, all light. Take a substantial and wholesome breakfast; then in two hours a lunch; after this the dinner, light but wholesome; then a mid-afternoon lunch; after this the supper; and, if need be, a light lunch before retiring. Ninety-nine out of every hundred are "empty stomach headaches." It seems simple enough. Try it.

Let tea alone. A person who is subject to headaches can never be relieved as long as this poison is used. If you drink coffee, never take it alone, but only in very small quantity after eating, not during the meal.

For light lunches in the forenoons, afternoons and just before retiring, nothing is better than milk, or milk tablets, or soup made of skimmed milk and potatoes, or beef broth with old bread

toasted and soaked in it, or chicken broth, lamb broth, oyster stew, or similar food; the purpose being to avoid heavy meals, and yet prevent the stomach from getting empty. The old theory that this organ needs rest has been changed to mean that it needs rest from overwork. As it is only a sack through the opening of which its macerated contents are poured, there is no chance to injure it by constant activity.

Another cause of headaches is indigestion, coming from foods of the NEVER CLASS, or the Four Hour and Five Hour Classes. The cure is apparent.

Bad circulation, as when the blood presses too heavily upon the brain and is not drawn off readily, often results in headache attended by the feeling of fulness in the top of the head. This brings insomnia, and you are referred to that treatment when you suffer from such condition.

Deep breathing thins the blood in the head, and draws it off into the proper channels of circulation. Under neuralgia, we treat another common kind of headache, which see.

29. INSOMNIA.—This is inability to sleep nights. It has three forms:

Mental activity.

Nervous activity.

Physical activity.

In the first form you go to bed thinking, and keep on thinking clear into the night, often till morning.

In the second form you are all afire in your nerves.

In the third form your muscles are restless, twitching and seeking vent for their energies all night long. This last named trouble is due wholly to the eating of too much nitrogenous food after the noon meal.

The duty of nitrogenous food is to make muscles and furnish the machinery of the body. Common sense tells us that such food is required before the day's work; never after it. There is no such thing as repairing muscular loss by rest, or after it occurs. Muscles build themselves by use, never by rest. If you carry your arm in a sling for a period, it will lose all its muscular tissue. When you lie in bed for days your muscles grow flabby.

The following foods should not be eaten later than the noon hour if you are troubled with insomnia: Avoid all meats; all rich fish like salmon; all old peas and beans, all shelled beans; all

fibrous vegetables, all vegetables cooked with meat, pork or fat; all new bread, rolls and biscuits cooked the same day; all fried cakes and other food; and everything in the Three Hour, Four Hour, Five Hour and Never Classes.

No matter what the kind of insomnia you are troubled with, it is well to observe the following rules:

1. The sleeping room should be cold, never above sixty-five degrees in winter, and as cool as possible in summer.

2. At least one window should be opened several hours in advance with all heat turned off; and the window should have a cloth screen to keep out the dust. If a draft can be avoided at night, one window at least should remain open; but if there is a draft, you may possibly secure indirect ventilation by opening a window in an adjoining room, or by the transom over your door.

3. The bed clothes should be opened fully so that they may receive the cold air for a few hours before you retire.

4. Until you recover from the trouble, you should retire at the same hour every night, whether you sleep or not. One or two very late hours disarrange the involuntary action of the brain and make it more difficult to get sleep.

5. Take thirty minutes walk just before going to bed; always out in the air when possible. Next best to this walk, is a trip in a rocking chair indoors near an open window; rocking enthusiastically. Wear sufficient clothing to avoid catching cold.

6. Bathe the body from the waist down just before retiring, using water as hot as you can endure; and give the upper part of the body a dry rubbing with a hot towel in winter, and a cool water bath in summer. Never take cold water baths, as the reaction will keep you awake.

7. Do not wear against the skin in bed, any of the clothing you have worn during the day. It is better to have no under-clothing on at night; but make up for its lack by having plenty of bed-clothes, but not an excess.

If you suffer from nervous activity which prevents sleep, the chances are ten to one that it comes from an empty stomach. Take some lightly nourishing food just as you get into bed, the same as is recommended under Headaches. The nerves of the brain are then deprived of their activity while the food is being digested by the nerves of the stomach which are the impelling forces behind the gastric juices.

Some people fail to sleep because of their mental activities. If there is any other person within reach of your voice, avoid starting a conversation. It is, of course, better to sleep alone. Do not engage in any discussion with another for a half hour before retiring, for the talking brain is always a thinking brain in your mental class.

It is useless to repeat the old advice to stop thinking as soon as you go to bed. No one can stop thinking who is capable of having insomnia. This malady belongs to the elite only. But you can adopt a line of thinking that will put you to sleep very quickly after you master it. Try to recall the gentlest and quietest plot of a story you have read; or, better still, do as many persons have done, invent a very quiet plot for either a novel or the moving

30. LIVER TROUBLES.—This line of treatment has been carefully set forth in the Tenth Section of this book. At this place all we need say is that this organ refuses to over-work. This means that if you eat too heavily, you will have to take care of it, as the liver won't.

The best cure for a sluggish liver is under-eating and over-exercise in the open air. If you plant one tree a day, or hoe a garden, or do something that is real hard work, you will not have occasion to complain of liver disturbances, provided you lessen your diet.

31. MALARIA.—This is a mosquito disease. Destroy these pests and you will never know again an attack of chills and fever or ague, or any form of malaria.

32. NEURALGIA.—This is Nature's Danger Signal that all is not well with you. It is really a depletion of the nervous fluid, just as the battery of an automobile may be too weak to run the engine. If the lights grow dim in your house, you ascertain the cause. When your nervous fluid is at low ebb, the signal is given by severe pains. The following are the leading causes of neuralgia:

Indigestion. This over-taxes the vitality and you suffer in consequence. The pain generally comes up the spinal column and along the back of the neck to the back and top of the head.

The foods of the NEVER CLASS always cause neuralgia, as do most of those in the Fourth and Fifth Classes. When the vitality wears itself out trying to digest things that are never intended for the human body, there must follow some penalty.

Lack of Sleep.—If you lose sleep at night you will suffer from neuralgia. It is better to sleep a few minutes by day. We have known of many cases of cure by this method.

Insufficient Nourishment.—This leads to some of the most distressing forms of neuralgia. Food may be abundant, but lacking in nutrition, as in the case of tomato soup of which you may eat in vast quantities and yet be driven wild with neuralgia, as there is no food value in that kind of food. Many soups are likewise deficient, as are all the cube and other beef extracts on the market. All canned soups are without nutrition. Tea, coffee and beef extract bought in cans constitute, with toast, much of the food of certain people who are fearfully neuralgic. Recently we saw six clerks, all women, eating at a restaurant; and their full meal consisted of puree of tomato, coffee, so-called graham crackers, and baked apples, of which by agreement all partook, as it was the custom of each to take the same food that the others took at the same meal. By inquiry we learned that every one of them were subject to severe neuralgic headaches. Out of a dozen lists of meals published by the papers as ideal for people to adopt, not one meal in any list contained enough proper food to keep the vitality high and prevent neuralgia.

Defective Eyesight.—If the eyes do not focus they will cause pains that can be remedied only by the use of glasses.

Toothache, boils and pains in general. These all sap the vitality and cause neuralgia. Remove the cause.

Day sleep, in addition to night sleep, and nourishing food, will overcome these troubles unless some specific cause exists, such as some of those mentioned above. Fruits that are sour, or foods that contain sharp acid, such as apples, strawberries, cranberries, gooseberries, currants, rhubarb and the like, will cause neuralgia in some persons and rheumatism in others. A man of sound sense and a bank president at the same time made a chart of his head on paper, and on it drew a complex system of lines running in all directions, and stated that these lines represented the neuralgic pains that he had suffered from for over twenty years. We paid close attention to his case and found that he was fond of hard, sour apples, of which he ate freely during the day and before retiring at night. Nothing would convince him that these were the cause of his twenty years of martyrdom; he was just old enough to be unable to accept an idea that did not suit his

fancy. One day the neuralgia made a leap at his heart, and his physician told him that he must never again eat another apple. He obeyed and soon was wholly free from the trouble.

33. PILES.—These are caused by the liver, but there are causes that precede liver trouble. Thus thousands of people have piles only during the strawberry season; this is due to an acid poison that follows through the liver into the intestines. On the other hand there are certain kinds of pills used as a laxative that result in piles while giving only temporary relief from constipation. Some medicines do the same thing. The process is very easy to understand. Piles are attended by the protruding of the end of the alimentary canal. When in health it is tense and vigorous; when paralyzed in part by drugs or acids in fruits, it ceases to hold its tense nature and becomes flabby, so that it cannot hold itself in place.

Bleeding piles as well as protruding piles may be overcome by holding a piece of ice as large as a pullet's egg, against the place. Wrap the ice in cloth, and have several thicknesses of cloth on the outside to assist in keeping it against the intestine. This method has prevented many cases from being taken to the hospital where an operation had been ordered by doctors.

34. RHEUMATISM.—As used by people in general the term rheumatism embraces many different kinds of affliction, that apparently are all along the same line., Neuralgia is often confounded with this malady. It is useless to split hairs in defining the results of a group of causes all of which may be brought to an end by proper eating, or other preventive measures.

It is a poison disease.

Even so small a thing as an unhealthy tonsil may set up enough poison in the system to establish chronic rheumatic conditions. If you suspect that as a cause, let your doctor inspect your tonsils; and if they are diseased, have them cut out. There is no danger in the operation.

Poison from decayed teeth has been known to set up this malady.

But ninety-nine cases out of every hundred are due solely to a wrong diet. There are fourteen elements required by the human body to sustain its life, every one of which must be taken in constantly. When some of these are lacking, neuralgia follows;

the absence of a certain quantity of bone material results in the rickets.

On the other hand if you eat fifteen elements instead of the fourteen, you may have some form of rheumatism. The fact is that all rheumatic people, with rare exceptions, are eating, not fourteen or fifteen, but a daily average of more than forty elements, or twenty-six more than the body requires or can take care of.

As an example, take oxalic acid; it is not one of the fourteen elements; it is not needed by the body; on the other hand it is a direct poison to the blood, to the nerves and to the flesh, bones and muscles. If you have a piece of cloth that has been stained by iron rust, a few drops of oxalic acid in water, will remove the stains. So will the juice of a tomato, which contains a large proportion of this dangerous acid. Yet people eat tomatoes fresh and canned, all the year round. A person whose system is strong enough to resist oxalic acid, may eat tomatoes with no fear of rheumatism, but neuralgia may follow, or headaches, because of lack of nutrition. During the war, some health officials, desiring to please the Government by saving real food, strongly advised the nation to eat tomatoes, as well as many other things that depleted the vitality and lessened the productive power of the workers in factories and on farms. Tomatoes have no food value, but are a distinct poison.

Apples have not only caused neuralgia by their lack of food value, but have set in motion countless thousands of cases of rheumatism. We know whereof we speak; we are not guessing at these things. We have investigated more cases of this malady than any other organization, and we have more actual experiences as guides than any other source of information. And we say this:

Where you find the man or woman who is suffering from rheumatism, if you can get at the whole truth, you will in practically every instance, be able to trace it to apples, tomatoes, pie plant, strawberries, gooseberries cranberries or some other acid poison. England is the great nation of rheumatics and gooseberry tart is the national flower of that country. Near the cranberry bogs in this land some families indulge in cranberries three times a day, in sauce, or jellies, or other form; and, during the season, nearly every member of every one of these families is a rheumatic. We know of countless cases where, during the tomato season, rheumatism runs riot. Only a few weeks ago a woman had both feet

bandaged in cloths; they were swollen with this disease; she asked why; we ascertained that she lived largely on tomatoes; she said she was subject to this malady during July, August and September of every year; now she was willing to let tomatoes alone; which she did; and very soon the inflamed feet were of normal size, and she got well. There are endless numbers of such cases.

It is claimed that damp weather, or chilling winds, cause rheumatism. They make it felt but do not cause it. The condition must be in the blood before dampness or cold can act upon it. Gasoline does not build the automobile; it only sets it going when ignited.

35. STOMACH TROUBLES.—Almost every man or woman, who does not live up to the doctrines of the Ralston Health Club, has some form of stomach trouble. The cure is embraced in the general work of this book, and requires the mastery of the principles set forth herein.

It is in the stomach that the first fires of sickness have their origin; that organ becomes congested or sore. It is said that practically every stomach that has been examined in autopsies has shown this congested or sore condition. The inflammation slowly, steadily spreads in all directions; to the liver, to the kidneys, to the abdominal contents, to the heart, to the lungs, and eventually up the passages to the throat; and wherever it goes the functions become abnormal. Various kinds of catarrh follow.

The stomach becomes catarrhal.

It requires three things to make catarrh.

First, there must be an inflamed mucus membrane.

Second, there must be a changed condition of the mucus.

Third, the pesky germs that are waiting everywhere to get their food, are always looking for diseased mucus on a diseased membrane. The stomach is a membrane; inflammation produces a diseased mucus; the germs do the rest in turning that mucus into catarrh.

When the congestion or soreness of the stomach has climbed all the way up to the throat, this combination again occurs; and it spreads from there to the nose. Thus you have bronchitis, laryngitis, pharyngitis and nasal catarrh; all originating from gastritis, or catarrh of the stomach. Then this "itis" business travels to the liver and to the kidneys, with more names attached to its ravages.

You would not believe that the quickest cure of nose catarrh is

secured by making the stomach normal and healthy; but such is the provable fact.

SUMMARY OF THE LEADING DISEASES.

We have given the Natural Treatment for all the maladies that require your attention; and we now review them by their names so that you can find them in alphabetical order, and by their numbers. The first group are arranged by themselves under the general title of

THE "TOO LATE" CLASS OF FATAL MALADIES.

They are called "TOO LATE" because they secure their hold on their victims without warning, and are often fatal in spite of every human effort to combat them.

1. Acute Indigestion.
2. Apoplexy.
3. Appendicitis.
4. Bright's Disease.
5. Cancer.
6. Diabetes.
7. Diphtheria.
8. Heart Failure.
9. Influenza, of the kind called Spanish.
10. Lockjaw.
11. Neurasthenia.
12. Neuritis.
13. Paralysis.
14. Pneumonia.
15. Rabbits.
16. Tuberculosis.
17. Typhoid.

Then follows the group known as

THE CLASS OF "COMMON MALADIES."

18. Alcoholism.
19. Asthma.
20. Boils.
21. Catarrh.
22. Colds.
23. Constipation.
24. Dandruff.

25. Gall Stones.
26. Grippe.
27. Hay Fever.
28. Headaches.
29. Insomnia.
30. Liver Troubles.
31. Malaria.
32. Neuralgia.
33. Piles.
34. Rheumatism.
35. Stomach Troubles.

All these diseases will be found treated in the foregoing pages of this Section, and in the only manner that applies the principles of common sense. The best doctors always say, "Let Nature take its course, but clear the way for it." The Ralston Health Club is the only power in existence that does both these things:

It presents the course of Nature.

It clears the way for it.

Life is built of food, of water, of air, and of sunlight.

It is impossible to get too much air, and few persons get enough in their lungs. Water is not taken into the body, as a rule, in sufficient quantities. Sunlight is the sole source of vitality, and we need it just as much as do the plants and trees. The human body is the sum total of the food it eats; for it is built of it, as a house is the sum total of the material that enters into its construction. You cannot eat one thing and expect the temple of life to become another. Therefore the great secret of health and life is to eat what the body requires, and avoid all else.

RALSTON AXIOMS

(Health Axioms are, or ought to be, Self-Evident Truths.)

FIRST AXIOM.—Health is the most valuable ASSET in the world; and no person is too old, or too much out of repair, to build a NEW BODY.

SECOND AXIOM.—A person who TAKES CARE of health stands twenty chances to one of outliving a person who lets health take care of itself.

THIRD AXIOM.—EVERY INCURABLE DISEASE may be prevented; but most persons do not believe in looking for trouble until it comes; like the engineer who did not examine his locomotive until something broke and a wreck followed.

FOURTH AXIOM.—The SECRET of good health is the body's resistance to the attacks of disease. Where resistance is strong, exposures to dangers are harmless; where weak, the most careful protection does little or no good.

FIFTH AXIOM.—Resistance is perfect when the ORGANIC LIFE within the body is perfect; and Nature has endowed every organ with almost indefinite life when sustained by life-building foods.

SIXTH AXIOM.—LIFE BUILDING FOODS are the fourteen nature-elements and their seventeen combinations of which the human body is composed; but people eat more than sixty combinations that are not foods. This foreign matter weakens or endangers life in the body, and the result is SICKNESS.

SEVENTH AXIOM.—Germs and bacteria of every kind are created to attack and destroy SICKNESS; never to cause it. This newly discovered law will revolutionize the treatment of disease.

EIGHTH AXIOM.—When people decide to eat the exact foods required by nature to build the body, then SICKNESS and DISEASE will disappear and be forever unknown; and old age will be regarded as mankind's only enemy.

NINTH AXIOM.—OLD AGE and weakening of the faculties are due chiefly to the use of DREGS in foods and drinks from which the YOUTH-VALUE has been boiled away. These DREGS harden the arteries, stiffen the muscles, dry the bones, wrinkle the skin, and clog the whole body.

TENTH AXIOM.—A PERFECT stomach, perfect digestion, perfect heart action, perfect organic life, and pure blood, CLEAR THE BRAIN, electrify the nerves, drive out irritability and abnormal cravings; and equip men and women for the battle of existence and the JOY OF LIVING.



TWELFTH SECTION

WARNINGS



IFE IS COMPLETE enough to demand attention in all its departments, as well as in the selection and uses of foods. Of course the body is made by the foods that enter it; and what the foods are, that the body must be. We cannot escape this overpowering fact. But the foods make a complex body. They build bones, and organs and nerves. The latter carry life along their wires to all the muscles; and these merely perform the commands of the nerves. The mind is in the brain, and has several departments, each with special duties. The question now arises, do the nerves and the mind exert any control over the physical body? Is it true, as claimed, that the state of the mind controls digestion, or that digestion controls the mind and makes its moods? To go further with the inquiry, is the mind able to make the body one way or the other, good or bad, vicious or noble in its characteristics? Until very recently it was supposed that the mood of anger brought about defects of nutrition, as it is known to check digestion. But a class of experiments has proved that anger and all other moods are the result of poisons in the blood and brain arising from wrong food selection. This being true, it is useless to tell a person to be cheerful when there is every incentive to be ill-natured.

It has been preached for generations that, if you will force yourself to being cheerful, you will in time throw off the ugly demeanor that has become a fixed habit, and will attract friends by the score.

Many a man and woman has started in on January first with the resolve to be cheerful at all hazards; they have been successful for an hour or a day; and then some irritating influence has dislodged the artificial cheer. You cannot resolve to be what you are not. Reform of the nature and disposition, of the character and personality must begin in the structure of the body, in the making of its material and the putting into place the elements out of which mind, muscle, nerve and flesh are made. The maker is greater than the thing made; and the food that enters the stomach is the maker of the human body. As will be seen later, the source of every department of life is in the cells that are created by the blood out of the food that comes into the stomach.

In view of the complex formation of the body, and knowing that the discoveries of recent years have revolutionized the theories that have held sway in the past, we add here some suggestions, many of which are warnings against the wrong tendencies of the day.

THE MIND

1st Warning:—Do not believe that the mind controls the making of the body. It, at times, masters some of the functions, especially digestion, respiration and circulation; but the brain and its operations depend on the food and nutrition that is furnished by the blood. The mind is the sum total of the intelligent cells that make up the tissue of the body. Those cells are the direct work of the stomach.

AVOID CHEAP ADVICE

2nd Warning:—Do not allow your mind to become pliable putty to be shaped and molded by the opinions of others, when you possess the opportunity to arrive at the facts for yourself. Advice is as common and as free as air, when it relates to your conduct in matters of health. Stop following random suggestions that you hear or read.

SENSATIONAL DOCTORS

3rd Warning:—Learn to analyze the off-hand assertions of doctors who tell you you can eat what you please, as much as you please, and when you please. Some doctors give this advice to attain popularity; some give it because they know their patients will eat, for the most part, in defiance of the laws of health; and some give it through ignorance, stupidity, indifference, or with the

dishonest motive to increase the sickness of the times. Such advice is vicious in the lowest degree; and the man or woman who adopts it will surely pay the penalty in this age of adulterations and difficult food problems.

IMPOSSIBLE CHEERFULNESS

4th Warning:—Do not try to be cheerful when your brain and general system are congested and your nervous power strained to the breaking point by the poisons of a bad diet. Ill temper and irritability are mental diseases when they attend a normal healthy body; and as such they are not curable, for they belong to the same class as criminal tendencies and insanity. Irascibility is insanity. On the other hand, an entirely different kind of irritability arises from the constant congestion of the membranes that cover the brain; due always to the poisons set free by wrong food selection. Do not let this kind of ill-nature grow. Correct it by adopting a true diet. If then you still remain irritable, the cause is in the inherited disease of the brain. There is no use trying to be cheerful until you are able to succeed. Then increase your good nature all you can.

KNOW YOURSELF

5th Warning.—Find out for yourself the foods that hurt you. Remember that there are several grades of distress; unrest in digestion gives no pain, but is the source of a condition of general congestion all through the body and brain. It is hard to detect and to connect it with the foods you eat, but this can be done by skilful attention. Blind indigestion results in actual irritability, without causing pain. It can be detected and traced to the foods that cause it. Gas and “rolling” sounds in the abdomen, follow any kind of uneven digestion, showing that carbon poison has been set free which is a source of danger to the heart, liver and kidneys. Make a list of the foods that increase your vitality and good feeling while they are being digested. Such a list is valuable.

PREVENTION

6th Warning:—Learn the wisdom of prevention in place of cure in fighting diseases and sickness. While the battle to cure is necessary when the body is in the power of ill-health, the wise man or woman does not wait until that time. The human race has

always had some such motto as that which says, "An ounce of prevention is better than a pound of cure," but modern methods hold this good old motto up to scorn. The locomotive engineer watches his engine and cares for it in order to prevent a breakdown; human beings wait until the breakdown comes before they take care of their bodies. Defective bridges that are repaired before the accident happens, are far better than those that are repaired after the train has been wrecked. People take chances with their own health, and the health of the children that are in their care; and are content to repair the damages rather than prevent sickness and death.

DRAGGING OTHERS DOWN

7th Warning:—Remember that if you are careless and become sick, you not only lose your time and earning power, but become a burden to others who must wait on you, and sacrifice their time and strength in order to bring you back to health. It may be the labor of love on their part, but it is an imposition on your part to saddle your needless sickness on others. You who stupidly expose your health to needless dangers and become seriously sick, are wantonly selfish, when others must wait on you and pull you through.

DOORWAY EXPOSURE

8th Warning:—You are at the door of your house bidding goodby to some caller. The caller is clad for chilling weather; you are clad for indoors, and have just come from a warm room. The caller lingers at the door, while you are exposed. You deem it impolite to excuse yourself and get back into the house where you belong, and so you catch cold and are stricken with pneumonia. The members of your family and a trained nurse take care of you. Expenses are piled up, and future comforts must be denied as well as the planned vacation of the following summer; all because you did not have sense enough to excuse yourself when the caller wanted to stand at the door "talking." You lack backbone. You and others are taxed for that lack. No sensible person will go from a warm room to the outer door and remain exposed in the chilling air; yet that very thing is done almost universally.

STUPID CARELESSNESS

9th Warning:—A man is starting out with no umbrella and no overshoes. His wife asks him to avoid getting wet and chilled. He makes fun of the idea. She then says: "If you get sick, think what it will cost in money. Think of the extra work you will make for me. The hardship of your sickness will fall largely on others; think of them." And the man realizes his mistake. He avoids needless exposure.

DAMP GROUND

10th Warning:—The human body is an electrical storage system. The same laws that will draw off electrical energy from a battery, will draw it from the body. Dry surfaces are non-conductors; wet surfaces are good conductors. If you stand still on a damp walk or street, the vitality will leave your body. This is why exposure to wet and excessive dampness especially of the feet that come in contact with the ground, will result in your catching cold and possibly more serious troubles.

DO NOT BATHE ON FULL STOMACH

11th Warning:—Few people know that a bath should not be taken soon after eating. The gastric juice that is poured into the stomach is of great volume, and is charged with human electricity or vitality; and the attention of the blood is called to that organ. Bathing at such a time weakens the vitality; and, out of every thousand cases of paralysis, over two hundred attend or follow the act of bathing after eating.

DRAFTS AND PARALYSIS

12th Warning:—More than half of all strokes of paralysis attend exposure to a draft of air of lower temperature than the air prevailing about the body. Sitting by an open window at home, or in a car, or standing at an open door, invites such a stroke where the system is pre-disposed to it. We have a record of over two hundred cases of facial paralysis occurring in cars where some person has opened a window in front of the seat where the stroke has occurred. The person who opens the window does not get the full danger of the air current, as the draft is thrown backward by the motion of the car. The person in the next seat back of the open window is

the sufferer. More than thirty thousand cases of pneumonia and quick consumption are started every year by the open window of the car; and yet the miscreant who opens it does not care so that he can cool off his sticky and un-bathed body.

CLOTHING

13th Warning:—If you are in a room where the temperature is over seventy degrees, wear less clothing whenever possible; if under seventy degrees, wear more clothing. In the one case you prepare your body for the outdoor conditions; in the other case you avoid catching cold.

ARTIFICIAL HEAT

14th Warning:—Artificial heat comes from the outside to the body; natural heat comes from the inside of the body. The greater the artificial heat, the less active will be the development of natural heat. It is therefore better to be over-clothed in a cold room than to stay in a room that is too hot, even if the clothing is suited to it. Many people have trained their bodies to generate heat by living in cold rooms while their bodies are given extra clothing to prevent catching cold.

COLD FEET

15th Warning:—Toasting the feet in ovens, or over heaters, educates the feet to depend on artificial heat. The better way is to wear less clothing on the body, and to over-clothe the feet until natural heat is generated there. The best way of all is to adopt the diet given in the Eighth Section of this book; for that makes a great quantity of new blood.

UNDER-CLOTHING

16th Warning:—Suit your under-clothing to the changes of the weather. Have three grades of weight in under-clothing. Change them with the change in the temperature. When you are very chilly put on two undervests. Keep the chest warm and pay less attention to the rest of the body, except to avoid dampness. Nature never intended humanity to wear heavy clothing about the legs. People in Canada who wear double undervests and no under-drawers, have better body heat than those who over-clothe the legs.

MESH UNDERWEAR

17th Warning:—Never put wool or flannel next to the skin. Mixed wool and cotton goods are more readily procured, and are better than all-wool. Best of all is the open mesh goods, for they permit a ventilation for the upper half of the body that is conducive to good health. Cotton mesh is good; linen mesh is better; and silk mesh the best, but not advised, owing to its great cost.

SHOES

18th Warning:—Slippers and low shoes are sources of danger as they invite colds. We know of many cases where the tendency to catch cold was at once lessened by the adoption of shoes that reach over the ankles. These are the best the year round. In a house the cold currents of air are always close to the floor, as may be ascertained by noting the difference in the sickness of babies that crawl on the floors when very young, and those that play on beds until they are old enough to walk. We refer to houses that are cold. When babies play on the floor it is better to keep them in the second floor rooms, with the doors shut, in cold weather. In adults the feet are sensitive to the loss of electrical vitality on which life depends; and it is therefore better to wear rather heavy soled shoes, and protect the whole feet and ankles. This method increases the vitality and makes the health better.

AVOID COLD WATER BATHING

19th Warning:—Cold water bathing that produces a shock, or causes pain, empties the vitality from the nerve centers with every such shock. While a dash of cold water followed by instant drying with a hot towel may be beneficial, the habit of taking cold water plunges when the body is pained by them, results in time in nervous prostration. Cold water bathers are always more or less nervous and irritable; and they are on the road to neurasthenia. We know that the weight of medicinal opinion does not agree with this claim; but the thousands of cases of nervous prostration that we have traced to this one cause are better evidence than anybody's opinions. A fact is always stronger than a theory.

THE CHEST AND BACK

20th Warning:—On extremely cold nights in winter, do not bathe the upper half of the body; but bathe every night from the

hips to the feet. Change the undervest every night if possible, or as often as you can, and depend on dry rubbing of the upper part of the body. Keep the skin open and active always, and it will help to purify itself, if the diet is correct.

MOUTH BREATHING

21st Warning:—When you are in a crowd of people in a room, hall or store, do not let the germs of their breath get into your throat and lungs. Learn to talk on out-going breaths only, and to shut your mouth between talks. In your nose nature has put two sponges that catch all dust and germs. Inhale through your nose all the time; it makes no difference how you exhale. Contagions of diphtheria, consumption, common colds and la grippe are always caught through mouth-breathing; and the nose-breather is safe from them.

SNORING

22d Warning:—Avoid snoring by acquiring nose-breathing during all your waking hours; and by taking from your nervous system the heavy tax of difficult digestion. Snorers are mouth-breathers. Nervous exhaustion also invites mouth-breathing during sleep. If you snore and annoy anyone, leave orders to have the bed tapped a few blows until you half awake; and you will soon graduate from the snoring habit, if you acquire nose-breathing during your waking hours. This rule is a sure one, and never fails.

BAD AIR

23d Warning:—Any time the air is very bad in a room, and you cannot get away readily, always turn the face slightly upward, close the mouth and inhale with long, deep breaths. You will find great relief in this method, and will often save a fainting spell; as well as avoid danger of dioxid poisoning from foul air.

KISSING AND DISEASE

24th Warning:—Children should be taught not to kiss each other, nor to kiss older persons; and all kissing should be discontinued among girls and women; for more diseases are transferred in this way than in any other one method except mouth-breathing. Disease germs are on the lips and about the teeth.

COLDS AND MUCUS

25th Warning:—Persons who cough and sneeze at the table, and cooks and waiters who have colds so that they cough and sneeze on the food, should be informed in some way of the dangers they bring to others. Flies should not be allowed to light on foods, as their legs drip with manure and foul decay, and carry millions of germs of tuberculosis and typhoid to the things that are eaten.

FLIES AND DISEASE

26th Warning:—As flies are the most deadly enemy of the health, a campaign should be made against them from the beginning of every season. They lay their eggs always in manure or filth that is about the house or within a hundred feet or so. See that all manure is removed at once; that dung heaps are not exposed, unless treated to carbolic water; that even bird and animal droppings are cleaned up and buried, and outside toilet houses always covered and cleanly. Then there will be no flies. It is better not to raise them than to kill them. But if there are flies, never let one get in the house, or stay in. Have fly paper, traps and other means at hand; for one fly may bring the deadly typhoid.

OUTDOOR DUST

27th Warning:—Outdoor dust from roads and fields is largely powdered manure, carrying germs of disease. Keep all such dust from the house as much as possible. For fresh air in rooms it is better when possible to open the windows on the leeward side of the house; or, when on the windward side, while the sun is shining; for wind and sun kill germs of disease. Screens and curtains at windows keep out much fine dust, but not all. But everything helps.

INDOOR DUST

28th Warning:—Dust indoors is laden with germs of disease, and here we find the source of all epidemics except those that enter through the stomach. Contagious diseases are either inhaled, or else they attack the skin of the hands, face or neck; when not entering at the stomach. Smallpox starts with floating indoor dust that lodges on the exposed skin; and this is but one example. Therefore see that the carpets and curtains are cleaned in such a way that

the dust that is set free does not fall back on the clothes or other things.

DINING ROOMS

29th Warning:—Most dining rooms are swept with brooms, and the dust is thrown up in the air, and comes down on the table cloth, the dishes, and later on it gets to the food, for every step taken by a person in the room agitates the dust. You cannot enter any dining room that is not thus charged with disease germs. Take any table cloth and shake it in the sunrays at the window, and you will see millions of dust particles dancing in the air. Analyze these, and you will find many diseases on them. The better way is to use a vacuum cleaner on the carpet, and antiseptic oil dressing on the woodwork; keep the table cloth and dishes covered over for at least two hours after the room is cleaned; and do not have it cleaned before a meal. The proper time is as soon after eating as possible.

BED CLOTHES

30th Warning:—Your bed clothes are loaded with dust. You go to bed and breathe all night the room dust that has been swept into the air and that has fallen on the bed, there to rest until you come. It is all right to air a bed; but the aired clothes, unless they have been out of doors on the line, are dust-laden. Wherever carpets are swept with brooms there will always be dust and disease. Common colds get their germs quite often in this way. The bed-clothes should be aired well; then shaken well; and, after the bed is made up, it should be covered with a cloth large enough to protect every part of it from floating dust in the room. It will pay.

SOILED CLOTHING

31st Warning:—Do not sleep between sheets or on pillows that are dirty. Do not wear collars that are soiled. Do not wear sour under-clothing. Have clean things next to the skin. Boils, carbuncles, ulcers, sores, and erysipelas have their outward cause in dirty clothing. This fact has been amply proved.

NEURALGIA

32d Warning:—Neuralgia is a warning of nature telling you that you are abusing your vitality or your stomach. Find out which.

SLEEP AND VITALITY

33d Warning:—Do not believe those who tell you that you do not need sleep in abundance. Some persons can endure any abuse for many years; but nature prescribes eight hours of sleep in every twenty-four; and eight hours on the feet. Not everybody can comply with this rule; but the nearer you come to it the better. Until growth has been fully attained, nine and more hours of sleep are needed, depending on the age. After the powers of the body have passed their zenith, more than eight hours of sleep are necessary. But more than eight hours of consecutive sleep weakens the vitality; and this function should therefore be broken into two or more parts when possible. Old persons should sleep an hour in the day time, and eight hours at night.

SLEEP AND WEIGHT

34th Warning:—Sleep before a meal repairs the nerves; sleep after a meal repairs the physical parts and organs. Activity after a meal tends to keep the weight reduced; sleep after a meal tends to increase the weight.

RHEUMATISM

35th Warning:—Rheumatic pains are a warning of nature telling you that you are eating or drinking chemical elements that are foreign to the needs of the body. Things that you eat and cannot drive out of the blood, will stay to torment you. Most medicines, patent and other kinds, contain elements that are direct poisons, and that remain in the system as long as you live. Many foods and most drinks contain similar dangers. Study the Fourth Section of this book and be wise.

EVENING MEALS

36th Warning:—Do not believe the medical men who tell you to eat your heaviest meal at evening. They know very little about the facts in the case. We have studied these things for over thirty-five years. We have observed thousands of cases, and have had reports from more than a hundred thousand experiments. It sounds good to hear medical men say that the waste of the body during the day should be repaired by a heavy meal at night; but

these same medical men know that people eat three times as much food as they should, and they are finding that the omission of the third meal, or supper, or late dinner, whatever name it goes by, brings better health than the eating of it. We are not advising its omission; but we do advise all persons who seek good health to eat a light supper, not small in quantity, but light in digestive strain.

ARISE HUNGRY FROM MEALS

37th Warning:—If you eat at a meal all the food that you are eager for, you leave no reserved force in the nervous system for carrying on the best form of digestion. Eat enough always; but rise from every meal slightly hungry. This law of reserving force is one of the great secrets of personal power.

RULE YOURSELF

38th Warning:—Do not be led astray by your relish for things that your judgment tells you are hurtful. Be stronger than your physical cravings. Do not be a slave to any passion or temptation. The real king is he who is able to rule himself. There is no greater triumph in the world than victory over self.

DANGERS OF FASTING

39th Warning:—Do not be led into the omission of a meal, or into fasting, except in a scientific way. You will destroy your vitality by so doing. You will become a slave to others, if you make yourself weak in mind, in vitality and in physical strength by regular fasts. Your body needs regular meals; three a day, if you are strong; and five a day if you are anaemic and have thin blood; but they should be meals that supply the needs of life.

LOSS OF VITALITY IN EATING

40th Warning:—As soon as you are able to grasp the fact, make yourself understand the importance of relieving the vitality and nervous energy of your body from the burden of digesting, fighting against, and endeavoring to throw off foods that are not suited to your needs; foods that do not digest readily; foods that cause hard labor in the system, even if they do not give you distress. What is the use of expending seventy-five per cent daily of your energy

in the struggle to digest foods that do you very little good, and that demand all the power of your vitality to dispose of; when there are many kinds of food that will digest easily and will furnish your system with energy instead of taxing it? Your mind suffers loss of power in the food struggle going on within you. Your faculties suffer, and your usefulness is lessened very much.

PORK AND LARD

41st Warning:—As the human blood will not absorb pork, and as the gastric juice will not act upon lard, why do your body injury by indulging in this class of food when it costs good money, and produces harm? Your dogs have a large fund of instinctive sense; they will eat good beef three times a day as long as they live, and never tire; but they will eat pork once or twice and then sicken of it. Pastry made from lard is always useless and hurtful.

ANGEL COOKS

42d Warning:—Do not show loss of interest in your struggle for perfect health, if others do not agree with you at the start. Do not expect your cook to reform her methods; for she has her fixed habits of making things, probably handed down from past generations, and she hates to change them. All women dislike to be told how to cook, except that class of women who are especially endowed with the gift of instinct that lifts them out of the drudgery routine duties into the hope of better things in this world. The woman who is able to understand that food selection and cookery make the disposition, the cravings, the health, and the whole nature of humanity good or evil; the woman who sees this law and acts upon it, and so plays her part in emancipating mankind from the awful conditions of today; that woman is a jewel, a queen, an angel, and no reward here or hereafter can be too great for her.

THE MEDICINE AND PILL HABIT

43d Warning:—Do not form the medicine taking habit, nor the pill habit. There is hardly any medicine made today that contains the elements needed by the human body. Avoid loading your system with things that are foreign to it. Stop reading the advertisements of patent medicines.

DRUG AND DRINK MEDICINES

44th Warning:—Most drugs of the liquid class, like bottled medicines, contain alcohol; and, from this innocent source, many good temperance people have been made slaves to alcoholism; drunkards against their will and knowledge. Almost all drugs, either in pills, or powder, or liquid form, contain habit-fixing poisons, such as cocaine, opium, morphine, chloral and other narcotics. When you begin to get these into your system, you cannot live without them. Despite all claims to the contrary, these fiend-makers are slipped slyly into almost all drugs and medicines, in drinks even at the soda fountain, and in cigarettes and tobacco. No person is wholly safe who uses anything that can be doctored in the making.

PACKAGE GOODS

45th Warning.—Under the suggestion of the preceding Warning, it is an act of wisdom to avoid all canned and package goods as far as possible. No one is wholly safe except when the products that come direct from nature are used in preference to all others. When flour can be bleached, mixed with alum, lime, white earth and other minerals, who is safe today? Eternal vigilance is the price of perfect health and a happy longevity. Avoid hash, sausage, food mixtures, and the products of cooking schools.

ANALYSIS OF FOODS

46th Warning:—You live in an age of unintelligent civilization. You are not to blame. Humanity must rise “one notch” higher in the scale of intelligence before it will be able to grasp the necessity of having, as a part of the public service in every county and town, a complete system of chemical analysis of everything that is offered for sale and intended for the human stomach. Millions are donated by charity for curing the ills that are caused by food adulterations; but not a cent is given for chemical analyses, which will prevent most of the illness and suffering that now must be combated in hospitals, sanatoriums, and poorhouses.

ADULTERATORS ARE MURDERERS

47th Warning:—When civilization has risen “one notch” higher in the scale of intelligence, the men who annually kill thousands

of babes, and more thousands of adults, by food adulterations and preservatives, will be branded as *murderers*, and no longer as smart business managers; their criminal methods will be laid bare by public chemistry in all parts of the land; they will be arrested, convicted, and executed as the worst felons that ever drew into their lungs the breath of heaven; and the great public will then have a fighting chance for freedom from ill health and premature death.

LIFE-FOOD

48th Warning:—When civilization has risen “one notch” higher in the scale of intelligence, the staple food of the Caucasian race, whole wheat, will be scientifically used; the indigestible bran-husk will be discarded, and the body-building contents of the outer layers will be combined with the starch of the center; and there-upon a food that stands alone in all the world as the one and only food that contains all the parts of the human body in the exact proportions needed, will be saved to the public. When man first came on this earth, wheat was waiting for him; wheat has been the food of the highest type of humanity throughout the world; and wheat is the exact equivalent of the body, brain, muscle, nerve, flesh, bone and all. Yet today only the starch is used for making bread. When the whole grain is asked for, we are given the indigestible husk. No one American has the sense to adopt the new method now in vogue in Europe of making bread from the whole grain, omitting the husk of the bran. But abroad they are seeing a new light. They even provide mills that are worked by hand; they take the wheat grains, grind them, remove the husks, and make up the bread *fresh from the grinding*. This bread is the most delicious food that ever entered mortal mouths. It has no equal. But the great business interests of America cannot stop to deal with this question. Some day, the race will rise its “one notch” higher, and the greatest blessing of all time be given it; hard winter wheat, rich in gluten, ground the same day it is used in bread, and containing all the grain except the husk of the bran.

THAT FISHY LOOK

49th Warning:—The lowest type of human craving is descended from the long prehistoric past: the desire to have something in the mouth all the time, or much of the time. If the mouth were

connected with the outer world at the neck just below the swallowing part, so that the contents could be withdrawn, much of human misery would cease. Few persons can endure life very long in happiness unless something is in the mouth or going through that portal. What seems to be the least harmful is chewing gum. No matter what you chew, if your stomach is empty, the saliva is not only wasted, but the gastric juice is called into action to the injury of the stomach itself. Gum chewers, and all chewers, draw the saliva from the glands of the throat, nose and eyes, and in time the eyelids become dead, the eyeballs dry, and the eyes themselves have a fishy look. All their beauty is gone. The use of the mouth for gum, tobacco, cigarettes, cigars, candy, and other things not a part of the food supply, does great damage to the eyes, the throat and the stomach.

YOUR BREATHING

50th Warning:—Watch your respiration. It controls your heart, your lungs, your brain and your organic functions; as it alone changes the black and poisoned blood into bright red fluid ready to build up all the parts of your wonderful temple of life. If you stoop in your work or your play, your reading or your conversation, the respiration will almost die out; therefore keep the chest fully extended to the front, not raised up but advanced forward; do not lean; do not drop your shoulders; do not crane your neck; but sit erect and stand erect, so that there may be the incentive of full breathing. Avoid suspended conditions in your intensity of interest, for they stop your respiration. Avoid games that compel you to sit long at a time, for they cause you to lose ninety per cent of your respiration.

WORRY AND DEPRESSION

51st Warning:—If your moods control you, re-build your body completely under the plan of the Eighth Section of this book. You will worry and be morose at times, you will become easily discouraged, melancholic, see a dark future, and be depressed at every little thing that goes wrong, as long as the lining of your brain is congested by the poisons of badly selected, badly cooked, or badly digested foods. Re-build all your body; then remember that your difficulties of today will all disappear.



THIRTEENTH SECTION

LIFE AND DEATH FACTS



YOU CANNOT separate the general health of the public from the individual health of every man, woman and child living. When conditions mass themselves in enmity to great numbers of the people, the whole country suffers. This fact was seen in the results of the campaign of the Government during the late war in which the people were urged to enter upon an era of semi-starvation in order that food might be shipped abroad. Millions of our people were half fed; the majority of them willingly submitting to denial of proper food in the spirit of patriotism.

The result was a low state of nutrition, followed by a low state of vitality, which yielded quickly to an unknown and unwelcome visitor called the "FLU." No doctor succeeded in recognizing this malady. Some claimed it as the heritage of an epidemic that prevailed one or two generations ago; but this was in time found to be mere guesswork.

It was the epidemic of low vitality, born of low nutrition, following a period of semi-starvation; an exigency of the great war.

LIFE AND DEATH FACTS stare us in the face as we draw this treatise to a close; facts that we cannot ignore without the gravest danger to every individual, no matter how secure he may regard himself.

Chief among these facts are the following astounding conditions which today amaze every physician:

1. **CANCER** is increasing so rapidly among both sexes that, if the present rate goes on, only a pencil and paper are required to write down the year when practically every human being will die of this filthy, hideous and torturing malady.

2. **NEURITIS**, called the new disease, is becoming epidemic. It is the dying of the nerves in advance of the dying of the body. Nothing more horrible and painful can attack the human race.

3. **NEURASTHENIA**, called the city-disease, is becoming epidemic. It is the dying of the vitality in advance of the dying of the nerves and of the body.

4. **STARVATION** faces the vast majority of the people because of the overbalancing of the population; a condition that has suddenly come upon the nation. As semi-starvation was the cause of the epidemic of the "FLU" which left a trail of maimed millions who survived the fatal visitation, so full **STARVATION**, which now is as certain as that the sun will shine again, must of necessity play havoc with millions more of our population.

Here are **FOUR LIFE AND DEATH FACTS**.

The lesson to be learned is that you cannot separate the general threat of disease among the masses from the individual danger. An epidemic is like an engulfing sea; it sweeps to destruction all who are caught in its onward rush.

The simple story of cancer is quickly told: It is misshapen tissue, which, lacking the natural power of breakdown, runs into a poisonous sore. Every doctor knows that cancer is faulty tissue-weaving. He also knows that the duty of oxygen in the blood is to weave true tissue throughout the body. He also knows that anything that will destroy oxygen in the blood will prevent it from weaving true tissue. He also knows that tobacco smoke inhaled in the lungs displaces oxygen, and also destroys it; and that, with an irritant of a local nature in any part of a body that is subject to the attack of cancer, blood so made defective will develop the dread malady. And out of more than one million observed cases of cancer, not one was found where the victim had not been exposed to tobacco smoke, generally for years before the attack.

Neuritis, the new disease, had of course been known for a long time, but in scattered instances only. Today it is becoming epidemic. The nerves are inflamed, then are torn into shreds and lacerated fibres, and finally die, leaving the body to perish in agony

soon afterwards. But they are often years in the state of slow decadence, during which the sufferings are indescribable and horrible. Millions of men and women today are afflicted with neuritis, and do not know what it is; they realize that they are going from bad to worse, and are helpless to check the trouble.

Doctors are struggling in a frenzy to combat the disease, but it gains on them day by day. There is but one cure, and that is fresh foods and pure foods. By fresh foods we mean those that, in their season, are obtained from the land, and by the shortest route possible. By pure foods we mean those that, having been obtained from the land, have been carefully stored and housed until required for use. In the open and growing season it is possible to obtain a wonderful variety of useful foods direct from the soil. In the closed, or non-growing season, it is possible to obtain enough food in a pure state and to so retain it, to last a whole year.

Against the white flour of today sold everywhere, which is limed and bleached, a man on an Independent Estate could raise ONE ACRE of wheat and have the same ground in a nearby mill, and be thus supplied with pure flour for more than a year. The flour now sold, being impure, is one of the many causes of neuritis; as is the long array of canned goods, all of which contain chemical poisons used as preservatives. These poisons destroy the nerves by a slow death process. The man on an Independent Estate could easily raise potatoes, both white and sweet varieties, enough to last him a whole year. He could have fresh eggs constantly; also fresh milk, butter, cheese and cream; he could raise a tenth of an acre of oats, and have them milled for his breakfast food, and thus obtain a year's supply.

Instead of submitting to the poisons in the canned goods he buys, he could can during the growing season, asparagus, limas, sweet corn, string beans, shelled beans, peas and other things, and have at each meal in the winter and spring some pure vegetable from his own garden. If pressed for time he could in three years produce raspberries, blackberries, strawberries and grapes; for eating fresh; and for preserving or canning; and after the third year he need not be without them at all. By cultivating the Worden grape he could obtain an unfermented drink for all the year round, without the use of sugar, owing to the sweetness of this variety.

This is an age of canned goods, package goods, chemically pre-

served goods, bleached flour, and NEURITIS, which is taking out of life all chance of happiness or success, for the man or woman with dying nerves fails in everything.

Neurasthenia, called the city disease, because it is now epidemic in all cities, large and small, is the slow dying of the vitality; due to conditions peculiar to city life. It is never known in the country. It leads to brain ruin and insanity on the one hand, which is rapidly increasing; and to death on the other hand if the mind is spared.

There are many combined causes of city neurasthenia, or prostration of the vitality. A great London physician says: "Men and women sleep at night amid the noises of a great city, and apparently sleep soundly; but every test shows that, while the mind is unconscious, the nerves are being racked by the noises and the blood poisoned by the air that is inhaled. Thus they are subjected to nerve tortures and to slow blood poisoning."

Pure air and pure sunlight are the most powerful and effective antiseptics known.

You may take any cubic foot of air you please from any section of any city and analyze it, and you will invariably find the following contents: Horse manure that has been dried and ground to microscopic dust in the streets and risen in the currents of air; human spittle and catarrh from nose and throat that has likewise been dried and risen; animal dung, like dogs and cats, rats, mice and birds, that has been ground to dust and risen; and the germs of bacteria, grippe, consumption, pneumonia, typhoid, diphtheria, and influenza, all mixed and mingled in one microscopic mass; and all blown in at your windows no matter how tightly closed they may be; all spread over your carpets and furniture table cloths and bed coverings, as well as clothing; all in the air of your rooms, floating around you with the agitation of every step you take; and all coming in again as fast as you can absorb it with vacuum cleaners, or confuse it with brooms and dust cloths; and **THIS FOUL AND DISEASED AIR IS THE ONLY AIR YOU ARE GIVEN TO BREATHE.** That is what you put into your lungs to purify your blood.

Filtering city water may filter out matter and germs; but it cannot filter out anything that is dissolved in it. This is well known. Now city water comes from lakes and rivers; it is all surface water; and its unfiltered juices are the juices of sewers,

of human and animal dung, of bird manure, and of rotted humus. Yet this is the only water you are given to drink in the city.

STARVATION FACES THE VAST MAJORITY of the people of this land because of the over-balancing of the population.

This is not a theory, but a fact.

It is a LIFE AND DEATH FACT.

It not only threatens, but actually comes upon millions everywhere, now with slow and stealthy steps, unobserved, unknown to its victims, yet as certain as death itself. It is not far away. Its grip may be at your throat in the next season, or in the next year; and once its icy fingers have imbedded themselves in your flesh, you have no escape. If its approach shall be by degrees, you will fall into the vortex of a universal, widespread epidemic, like that which still lurks in the midst of the people of this land.

Your health will fail, your body will fail, your life will ebb, and nothing worth living for will remain; for with fading health, all hope and all ambition will depart.

What is this LIFE AND DEATH FACT?

The human race is supported by what comes from the land. From no other source comes food, or clothing, or shelter. The terrifying fact is, and one that threatens the health of seventy millions of people, that the ranks of the producers are diminishing rapidly at this time, until now we come to the breaking point.

This means a UNIVERSAL EPIDEMIC OF DISEASE.

It was semi-starvation a few years ago that brought on the "FLU" with its endless trail of death and maimed victims. Now we face a real starvation whose ravages we dare not seek to estimate. The Secretary of Agriculture of one State said openly that, two years ago, in one month, more than 38,000 farms were abandoned; and in the following year, more than 69,000 farms suffered likewise. In Pennsylvania, in the spring of the year 1920, by official report, more than 81,000 farms were abandoned. In Massachusetts, whose farming area totaled over two millions of the most fertile acres in the East, more than one million acres are now abandoned. There is not a section of the whole country where this over-balancing of the population is not going on at a rate that long ago passed the danger point.

Great agricultural organizations embracing in numbers seven millions of farmers were represented in the city of Washington not long ago, and their officials made the statement that owing to this

over-balancing of the population, the TIME WAS CLOSE AT HAND WHEN THE FARMERS MUST STARVE THE CITIES. This, they declared, was no idle dream, but a necessary result of the inability of the producers to carry on their profession.

But a deeper cause is behind this condition.

No land can endure for a term of years the loss of more than twenty percent of its production without coming to that point in its fertility where it cannot yield profitable crops. This means that a farmer cannot safely ship away more than one-fifth of the products of his land; the other eighty percent belonging back on the soil. Thus if he raises one thousand bushels of grain, of various kinds, and ships more than twenty percent off the land, in time he will be the owner of soil that must be artificially fed, which means ruin as a necessary result. The only safe method is to feed to stock at least eighty percent of the grain. This necessity means that in a very short time this cause, combined with the exodus of farm workers by the millions to the cities, must compel the farmers to look out for themselves; or in other words:

FARMERS WILL VERY SOON FEED ONLY THEMSELVES.

They will put eighty percent of their produce back on the land; and the other twenty percent will be used for the purposes of barter and exchange. By this method what they do not raise they can obtain by trading some of their products for the commodities needed; as for cotton and metals.

What can a man raise on an Independent Estate?

Shoes are high; prices are extortionate. But in the good old Colonial days when everybody was rich and had no money, and when there were no cities and no factories, shoes of the finest kind were made by cobblers in the country village from leather tanned in the country and that never saw a city or factory. The most beautiful silks of Europe are made in country homes, on private looms, and enter into gloves, scarfs, hosiery, underwear, dresses, and finery of every kind; and these products never saw a city or a factory; many of them being made on isolated farms. Farmers easily raise flax; so why not return to the old-time custom of weaving fine linen at home, and snap your fingers in the faces of the profiteers? Woolen goods are easily made in the country today, as they were in former times.

As all the food of the world is raised in the country and nowhere

else, there is not the slightest fear as to the results to be secured by the new blessing now coming to humanity, known as

The "INDEPENDENT ESTATE" Movement.

This is something that will have to come; so why delay it?

Do not wait to be caught by the cataclysm of city starvation, which will attack both health and life. When it comes, it will be too late.

What is an "Independent Estate?"

It is a small parcel of land situated anywhere that has soil in which food can be raised.

Where can you find an "Independent Estate?"

Anywhere, in any part of the earth where food can be raised. That is the only definition. In these United States, such land is obtainable in almost every portion of the Union; North, East, South and West; countless millions of acres that could be utilized in this new movement.

The philosopher said:

God made the country; man made the town; the devil made the city.

There are two abuses of the gifts of God and Nature that now cry for adjustment; and they hold in themselves the causes of the countless wrongs that afflict mankind. They are:

1. Concentration of great numbers of people either in cities or in factories, is a crime against God and Nature; and a defiant abuse of the good gifts and blessings that have been bestowed on humanity without proper appreciation.

2. The exhaustion of the value of the soil in the country to feed the cities, is likewise a flagrant crime against God and Nature. Never should more than twenty percent of the products of land be sent away; fully eighty percent should be fed back to the land by milk-cattle, poultry, sheep and other valued life.

The advantages of life on "Independent Estates" is summed up as follows:

1. The air is pure, wholesome and health-inspiring.
2. The water can be had pure from deep artesian wells.
3. Fresh foods may be had during the productive season which can be greatly prolonged by careful methods.
4. Pure food can be had the year round.
5. The most intelligent lines of activities are possible on such

an Estate; whereas all city life is the same grind, the same slavery, the same artificial struggle.

6. These activities, which alone do more for good health than any other cause in the world, may be carried on for the most part outdoors; a condition that is impossible in the city, where hard pavements, foul air, foul water, embalmed food and dull hours set up physical decadence early in life.

7. Worries weaken the vitality and shorten existence. On an "Independent Estate" worries all vanish. There are no financial problems, no profiteering, no strikes, no unpaid bills staring you in the face.

8. There alone is it possible to LIVE aright and to die aright. It is horrible to die in a city apartment or tenement; to grow old in such environments where muscle, brain and hope all grow stale.

9. It is said that supreme health cannot be attained without varied mental interests and activities; and on an "Independent Estate" the most beautiful mental activities are possible, where the miracles of Nature lay their offerings in homage at your feet, and every phase of existence is entrancing and fascinating.

DO NOT BE CAUGHT BY THE IMPENDING CITY STARVATION.

It is sure to come, for there is no other end possible in this overbalancing of the nation's population.

Join the "Independent Estate" Movement NOW. At least take the first steps in that direction. Anywhere, anywhere in this broad land, free from the wiles and mis-information of real estate agents, start for yourself in your own way, and in your own State, to find soil where food will grow. Secure one acre, or five, or ten, or twenty. This does not mean to become a farmer; but a group of persons could procure a farm and divide it up. A hundred or even five hundred "Independent Estates" could be brought together in one locality, and called the "United Estates" of whatever name is desired. Those owners who do not secure a full living by production and exchange from their Estates could easily adopt some avocation or profession that would be mutually helpful. Everything needed for existence could be readily secured or made in one locality.

Let this be your banner:

AN INDEPENDENT ESTATE.

MOTTO:—HEALTH,—HOME,—HAPPINESS.

Farming as such should cease.

Today the workers in the cities demand shorter hours and higher wages; the farm owners in the country are learning that, while they have longer hours and no wages at all, they are exhausting their land to feed the cities with no returns; in fact they hardly secure a living for themselves in this struggle to feed the cities. For this reason, and because of its illogical basis, farming as such has heard its death knell. In the place of farms we shall see Estate-Villages surrounded by groups of "Independent Estates," where every convenience shall be found, where schools, colleges, places of amusement, co-operative stores, churches and various institutions shall abound, and where above all things HEALTH shall reach the stage of perfection.

But on the way to this great achievement we shall witness days, months and years of epidemic disease, countless premature deaths, and horrible sufferings because of the fateful vengeance that God and Nature shall wreak on mankind for its defiant challenge of the purposes of earthly existence shown in the concentration of the people in cities and factories, and the over-balancing of the population, the depletion of the land and the piling up of selfishness everywhere.

Choose between the two conditions:

On the one hand, cancer slowly eating its way to the whole race; neuritis, the next epidemic and more terrible than the "flu"; because it is the death of the nerves, and they die only in excruciating agony; neurasthenia, or the death of the vitality; and the starvation of the cities; four LIFE AND DEATH FACTS that are now impending, and of which there is not the slightest doubt as to their speedy visitation.

On the other hand:—"HEALTH—HOME—HAPPINESS."

Become a Member of the Ralston Health Club at once.

Become, as soon as possible, a REGENT.

The "Independent Estate" Movement can best succeed when millions of people are aroused to its necessity. What proportion of these millions will you arouse as your share in this, the greatest movement in the history of the civilized world?

So perilous is the menace of city starvation, and town starvation, and so important is this new movement for "Independent Estates," which alone can save the public health, and necessarily the individual health, that the Ralston Club agrees here and now

to put into this movement all its resources without hope of any reward whatever except the solid satisfaction of helping to save the country from the horrors of epidemics and suffering; and to this end makes the following

PLEDGE OF THE RALSTON HEALTH CLUB.

We promise, without financial reward of any kind, either direct or indirect, to join in this, the greatest movement in all history, and the most necessary as well, for the purpose of averting an era of universal disease, epidemics, suffering and untimely deaths. The only remedy is in the establishing everywhere of "Independent Estates," and we will aid all persons who earnestly desire to bring about this grand result. We will also honor all persons who will make valuable suggestions for the best methods of dividing up an Independent Estate into fields for crop successions; and who will furnish the most effective advice for intensive culture and production.

(Signed) RALSTON HEALTH CLUB OF AMERICA.

FIRST PLEDGE OF THE RALSTONITE.

(Encouraging the Independent Estates.)

TO RALSTON HEALTH CLUB OF AMERICA:

I have three times read with great care every word of Section Thirteen of the book of Life-Building, and realize the impending danger as stated in the "*Life and Death Facts*."—I will help spread far and wide the knowledge of this great danger which threatens starvation to the cities and towns; and I will seek to arouse a vast public interest in the "Independent Estate" movement. Even if I am not able to participate at once in the actual development of an Independent Estate, I will try to induce others to do so as soon as possible.

My name, address and Club Number are.....

SECOND PLEDGE OF THE RALSTONITE.

(Suggestions for Winning Success on Independent Estates.)

TO RALSTON HEALTH CLUB OF AMERICA:

I have three times read with great care every word of Section Thirteen of the book of Life-Building; and I hereby pledge to

you my assistance in making suggestions, plans and methods of conducting such an estate so as to produce by intensive culture a succession of crops sufficient to furnish ample supplies of food for the family living on same; and having a surplus sufficient to offer twenty percent in exchange for products of other estates, or for goods that cannot be raised on such estate. I will also make suggestions concerning the planning and conduct of "Estate-Villages," of stores, shops, colleges, institutions, places of amusement, and lines of business wholly free from the giant combinations of what is known as big business that is today throttling the small merchants everywhere; so that any person may enter upon a business career, especially after a life of activity on an estate. I will try to create a scheme of living and enjoying life at its best, free from excessive care and worry; for in this way alone can one find PERFECT HEALTH.

My name, address and Club Number are.....

It is not necessary to copy either of these Pledges. Merely send us notice which one, or both, you have signed.

Above all things secure health for yourself by securing the conditions that induce health.

You can save yourself from the surgeon's knife; you can save yourself from incurable organic disease; you can save yourself from the embalmer's untimely activity; you can save yourself from each and every danger that now overshadows your life, by living according to the teachings of this book. Is it worth while?

Such a mode of living as is taught in this system is very easy to adopt; and, once adopted, it is pleasing, fascinating and beautiful. Ill health, with its weak nerves and broken peace, disappears; gradually perfect health takes its place. Best of all, immunity from sickness comes to crown the new found life. You ARE THEN OUT OF THE DANGER ZONE!

Like pearls set in sunlight fires, like rubies glowing in the depths of blood-stained roses, like diamonds gleaming in the morning mists that float over a new paradise, the jeweled blessings of health, home and happiness shine forth in transcendent beauty for those who are gifted with the power to appreciate their true worth and exalted value.

May joy and prosperity walk with you evermore!

ORGANIZATION OF THE RALSTON HEALTH CLUB

WHY ORGANIZE?

A very extended answer to this question may be found in the Thirteenth Section of this book, "LIFE AND DEATH FACTS."

Briefly stated the most potent reasons are as follows:

1. A campaign for the improvement of the general health of the public always results in the improvement of the health of the individual.

2. "You cannot separate the general health of the people from the individual health of every man, woman and child alive."

3. "If you wish to be safe, if you wish your loved ones to be safe, you must do something to better the public health."

4. "Diseased bodies make diseased minds; and diseased minds destroy the power of right thinking."

5. "A nation is the sum total of its citizens; and right thinking people are the safety and bulwark of every great nation."

HOW TO ORGANIZE.

1. The unit of the organization is the man or woman who owns the book of the Club. This is a self-evident fact. The Owner however should be left free to join the organization or not. He may purchase extra copies to loan to others who need not procure books of their own, if they cannot afford to buy them.

2. The price of this book should cover all expenses in the future. The member starts with a double advantage: a valuable system of health in book form, and a life exemption from expense, for the initial fee. This is done to make the Club popular and to reach millions of people.

3. No one person or one office is able to administer the duties of so great an organization; and for this reason it is to be governed as follows:

Two thousand Grand-Regents, each having charge of one hundred Regents.

Two hundred thousand Regents, each having charge of twenty-five Members of the Club.

Five million members.

HOW TO ACQUIRE INCREASED MEMBERSHIP.

1. The civilized world contains many great and highly beneficial organizations; and there was a time when they sought to build up their vast increase in numbers; and members were appealed to and urged to go out and bring in new members.

2. The greatest duty, as well as the gravest duty, now devolves upon the Ralston Health Club. The "dangers ahead" that are described in the Thirteenth Section of this book are increasing because there is no organized war waged against them. The menace is so great that the whole fabric of civilization may be undermined. For this reason we and YOU have a most important duty to perform.

3. The question arises, How shall we secure the numbers necessary for this struggle? Members are necessary, but all increase in great organizations has been secured in the past by the efforts of members to obtain new members, or recruits. This alone is our method; no other way is possible. As our work is the grandest ever conceived by the human mind, we are as much entitled to increase of numbers as any other organization.

4. Other organizations have depended on the good will of their members to bring in new recruits. We have the good will of all our members; but we choose to honor and reward all those who volunteer to become REGENTS at this time, when the first results are the most valued.

The 115th edition of Life Building serves a double purpose:

1. It becomes a book, like any other book that is sold, to be used in any way its owner desires.

2. If its owner, at any time, chooses to apply for membership in the Ralston Health Club, the possession of this book is all that is required to effect admission.

It is for the latter class that the following RULES are made

Rules of the Ralston Health Club

RULE 1.—Three classes are to be considered:

1. OWNERS.
2. RALSTONITES.
3. MEMBERS.

RULE 2.—An OWNER is the person who possesses for his or her exclusive use a copy of the 115th edition of Life Building.

RULE 3.—A RALSTONITE is any person who secures a copy of the Ralston AXIOMS from the final page of the Eleventh Section of this book, and has them framed and hung either in his home or office. Such person need not be an OWNER, nor a MEMBER; but every MEMBER is of necessity a Ralstonite. Every OWNER will gladly lend his book to any person who is sufficiently interested in good health to make a copy of the page containing the AXIOMS.

RULE 4.—A MEMBER is any OWNER who sends the following application: "To Ralston Health Club, Hopewell, N. J.—I possess for my exclusive use a copy of the 115th edition of Life Building, the Club Number of which is I ask therefore to be admitted as a member. My name and full address are"

The Club Number will be found near the end of this book. You can use the FORM PAGE at the end of this book, instead of this form if you wish to become a Regent.

RULE 5.—FEES.—If you own a copy of the 115th edition of Life Building, there are no fees or expenses of any kind at any time, whether you are a member or not.

RULE 6.—DUTIES.—First duty: read this book through three times. Second duty: get well. Third duty: keep well. Fourth duty: help at least one other person in each and every month to get well, until you have helped twenty-five.

These are all the Rules, and all the Duties.

We now present the

CONSTITUTION

OF THE

RALSTON HEALTH CLUB

PREAMBLE

WHEREAS the following facts are well known:

1. The human body is composed of fourteen natural elements in seventeen natural combinations.

2. People take into the body more than sixty elements and combinations that are not used in building the body, and that are unnatural, foreign and a continual menace to health.

3. It has been demonstrated that SICKNESS and DISEASE are impossible where nothing enters the body except the fourteen natural elements in the seventeen natural combinations organized in nature.

AND WHEREAS it is asserted by eminent scientists that, under true methods of feeding the body,—

1. The SKIN may last for nine hundred years.

2. The BONES for thousands of years.

3. The HEART three hundred years and probably more.

4. The LIVER four hundred years.

5. The STOMACH over three hundred years.

6. The KIDNEYS several hundred years.

7. The LUNGS fifteen hundred years. (All these parts may endure even longer than stated. A leading scientific magazine said: "Of certain organisms we cannot predict that death will occur." The parts of the human body are all constructed from organisms.)

NOW THEREFORE be it

RESOLVED:—

That we, the Owners of the 115th edition of Life Building, band ourselves together into an organization to be known as The Ralston Health Club of America, for the purpose of securing the blessings and profits of good health by adopting in our daily lives the common sense principles of Nature; in the hope, not so much of living to an extraordinary age, as to live well while we do live, and to retain in perfection all our faculties as long as life shall last.

That we, the Members of the Ralston Health Club of America, hereby adopt and agree to abide by the following Articles of Organization, and the By-Laws that follow.

ARTICLE ONE.

Section 1.—The accomplishment of great ends in human existence comes about, not by revolution, but by first establishing a belief in the necessity of change.

Section 2.—When once the belief is established, the next step is to discover and approve of a method of procedure whereby the needed change may be effected.

ARTICLE TWO.

Section 1.—On every hand, as is admitted by every class of thinkers, an impending change is indicated. The limit of endurance has been reached. Unrest is universal.

Section 2.—Human life today has no goal, no purpose, no inspiration. It is a vicious circle of duties, of daily routine, of ceaseless grinding to secure the bare means of existence, of unrewarded struggle, and bitter disappointment.

Section 3.—Human progress has been only the hectic flush of a feverish excitement produced by false conceptions. The best civilization has proved itself a failure; for so frail are all the standards of law and government that they may crumble into dust under the impact of discontent and unrest.

Section 4.—Ill health breeds morbid nerves; and morbid nerves breed chaotic thinkers who would snatch from you the love of life, the love of home and family, and everything that is worth living for in this world.

Section 5.—A change is at hand, and close at hand. It may come in one of two ways: Either by the blood red sword of anarchy wielded by the chaotic thinkers of morbid minds and morbid health; or by adjusting human existence to the demands and purposes of Nature and of the Creator; and this adjustment must come by adopting the plan set forth in this system of Life Building, which is based on the demands of true existence.

BY-LAWS.

FIRST:—We face the most critical period in human civilization for the reason that the people do not know, are not learning, and are not being taught the following facts: Health is now at so low an ebb that epidemics run their course at will; the nervous powers, the only agencies that sustain organic life and stabilize the mind, are breaking down because of the destruction wrought by unfit foods; and as a consequence, neuritis, the so-called new disease, is becoming epidemic, while insanity is piling up its victims; doctors are gaining in numbers by leaps and bounds and their fees are becoming prohibitive; drugs are so high in price, and so much adulterated that they serve no real remedial purpose; and an insane orgy of high prices and criminal profiteering gives notice to the people that they are helpless in its crooked grasp.

SECOND:—We, the Members of the Ralston Health Club of America, propose to make our influence felt by performing the duties outlined under RULE 6, which are as follows:

1. Read through three times with great care every word of the 115th edition of *Life Building*.
2. Get well.
3. Keep well.
4. In each and every month for twenty-five months, help at least one other person to get well.

THIRD:—It is necessary that other persons should know that this book will save them a hundred times its cost. A conversation, a review of the AXIOMS, and a reading of the following parts of this volume will be sure to arouse an interest in better health. At least it will start them thinking. The parts referred to are these:

"A Private Personal Talk with You," at the end of the Third Section.

"RALSTON AXIOMS," at the end of the Eleventh Section.

"LIFE AND DEATH FACTS" in the Thirteenth Section.

FOURTH:—Every true Ralstonite of long years of membership has come to believe in SPECIAL DESIGN; which is the personal care and protection of Nature in the life of any person who is able to shake off the barbarous habit of indifference to the needs of the times. You cannot take an interest in your health and in the

health of others without inviting into your existence this wondrous power. Try it. The formula is very brief: Take an interest in your own health for your own good; and in the health of others for the good of the public and indirectly also for your own good; and if you are not favored in every way, in good luck, in good fortune, in the many blessings of life, and in each and every thing that you undertake, then you will be the first Ralstonite in forty-four years who has been overlooked by this special power. But you will not fail; and you will understand some things of still more vital importance than health; things that you have never understood in the past.

FIFTH:—As a means of educating the public in the new regime of good health and better living, the Ralston Health Club has its greatest duty to perform; and this duty can be most effectively discharged by the organization of the Club in the manner set forth in this Constitution; namely, that each Member shall in each and every month for a period of twenty-five months, help at least one person to secure better health, or to take an interest in the subject of better general health. As no obligations and no expenses are involved, either for the member, or for the persons assisted, the task is simply one of exerting and putting into execution a pure, a generous and a noble influence in the cause of a higher civilization.

THE PLEDGE OF MEMBERSHIP.

I am the Owner of Life Building, the Club Number of which is I have carefully read the Rules and the Constitution; and I pledge myself, if I shall be spared to do so, to teach to others the most vital things in the book of Life Building, and in this way to help at least one person in each and every month until I have assisted twenty-five such persons to take an interest in the matters contained in the Constitution; with a view to bringing about a vast change in national and individual life.

I ratified and subscribed to the Constitution on the

day of, 192....

Name.....

AGENTS AND REGENTS

PUBLISHERS' ANNOUNCEMENT

(ADVERTISEMENT)

This volume whose pages you have read, is the book of the Ralston Health Club. It is not merely a written book. It has undergone all the processes of construction as of a great temple, with foundation, preparation, building, arrangement in logical sequence of strength, and final completion in detail.

It is the most virile, most powerful, most important work on health in existence.

It entertains no theory; but depends solely on proved and thoroughly attested facts.

It offers no doubtful course, no debatable advice, no uncertain law.

It is the only harbor of safety for the millions of people who are assailed on every side by every conceivable plan of saving or restoring health, and who do not know what to accept or what to reject, nor which way to turn for help. It is the only existing solution of all their doubts and troubles.

This book contains the greatest number of facts ever put in a volume of its size; and is the greatest storehouse of knowledge ever brought into one system. Its contents, if spread out in the manner of preparing books would fill many volumes. Its condensation and crystalization of so immense a fund of information take rank as the greatest examples of expression in any language or any age; and, without losing any of its value, it saves the time of busy people by presenting to their minds ready for use a complete system of life building.

The publishers, therefore, knowing the value of the present work, take pride in placing it within reach of those who have need of it.

A very prominent man writes us as follows:

"The Ralston Company, which issues the works of the Ralston Health Club has been very generous with its patrons. It has given more for the money that it receives from its sales than any concern that I know of. In fact, I am informed that it plans to accept no profit from the book of the Health Club. Knowing

of the great advantages aside from the possession of the book that accrue to members, I cannot see how it can make any profit."

We quote the above because it is written in the spirit of many communications that reach us.

That we are not after the almighty dollar in preference to better things may be seen from the following facts:

1. The book of LIFE BUILDING, even during the years prior to the war was never sold by us for less than two dollars a copy.

2. During the war, and since, when the cost of everything soared to lofty heights, we kept the same even price, two dollars. We have never raised the price at any time.

3. All wholesalers and all book dealers who have bought the book of us have paid the same price, two dollars, that we charge to our own patrons. In fact we sell to every applicant at wholesale prices.

4. We are unable to sell the book to our own agents at any less cost than that charged to wholesalers and jobbers; therefore all Agents are compelled to pay us two dollars per copy; but we deliver same free to all parts of the world. We do not pay duties charged in foreign countries.

5. Booksellers charge whatever they please; our Agents generally ask a profit of fifty cents, as they handle the books chiefly for the purpose of accommodating others. An Agent would thus make one thousand dollars for every lot of two thousand copies sold.

6. An Agent who chooses to become a REGENT, must not in any instance charge more than fifty cents profit; and it is because of the willingness to accept the modest gain that we honor all Regents.

7. Any person may become an AGENT by merely ordering LIFE BUILDING in lots of twenty-five, or more, if desired.

RULES FOR REGENTS.

RULE 1.—Any man or woman may become a RALSTON REGENT if he or she owns a copy of the 115th edition of Life Building, and has become a Member of the Ralston Health Club by ratifying the Constitution.

RULE 2.—Such REGENT may order one or more copies of Life Building at a time; and is to receive a profit not exceeding

fifty cents per copy for each book delivered in person only; all others to be sold at the wholesale price of two dollars.

RULE 3.—A REGENT may apply to us for any number of our Health Club invitations which we give away to REGENTS, and we send them prepaid to any address. We send them as often as desired, if used judiciously.

RULE 4.—At the bottom of the first page of every Invitation there is a little panel border; and somewhere in this panel the REGENT should write his or her Club Number. When this Invitation is accepted by any person to whom it is sent, we shall recognize the Club Number, and shall credit the REGENT'S account with a recruit; and in this way such REGENT may in a very short time, perhaps in a few days, rise to the Highest Ralston Degree of Honor, which is the Twenty-fifth, by securing the twenty-five recruits.

RULE 5.—It makes no difference how the REGENT secures new recruits; whether by Invitations sent out, or by Invitations handed personally to friends and strangers, or by conversations with others. For each new recruit who becomes an owner of the 115th edition of Life Building, the candidate for REGENT advances A DEGREE, as soon as the NAME AND CORRECT ADDRESS of the recruit is sent to the Club for record. To advance twenty-five degrees, and thereby become a REGENT, we must have the names and addresses of all twenty-five recruits, in addition to your own name. Then you will be admitted to the GREAT TEMPLE.

RULE 6.—The difference between an Agent and a REGENT is this: The Agent merely sells the books and receives the profit. The REGENT does not care so much for profit as for advancing the cause of good health, and for spreading the influence of the Constitution of the Ralston Health Club.

RULE 7.—A person may be both an Agent and a REGENT.

RULE 8.—After a REGENT has obtained twenty-five recruits, he must see that each vacancy that occurs in the list of twenty-five is made good by another recruit. As losses do not occur much oftener than at the rate of one in ten years, if that often, the work of supplying vacancies is very slight. But it is the greatest satisfaction in the world to know that you have twenty-five recruits in unbroken membership *all the time*. For this reason the REGENT should preserve a list of the names and addresses of

all the twenty-five recruits. The influence exerted through this method, when multiplied by two hundred thousand REGENTS means that five million earnest people stand ready to open the way to a new civilization; to which number there will always be added other millions of Ralstonites who are interested in the grand work.

RULE 9.—No matter how great the sacrifice of money or toil, the Ralston Health Club proposes to make the test to arouse these millions to action; and for this reason we ask YOU to become a REGENT and to make the REGENT'S PLEDGE today.

RULE 10.—A GRAND REGENT, of whom we seek two thousand, is any man or woman of sufficient influence to organize or secure each one hundred REGENTS. The supposition is that a GRAND REGENT is a person of wealth and of unusual influence. There should be no difficulty in procuring two thousand GRAND REGENTS; in which case the organization should be complete as follows:

2000 GRAND REGENTS from the basis of the spread of Ralstonism.

Each GRAND REGENT establishes an organization of 100 REGENTS.

Thus there would be 200,000 REGENTS.

Each REGENT controls 25 Members.

Total Ralston Membership, five millions.

Added to this number there should be many millions of Ralstonites who are not members but who are interested in the RALSTON AXIOMS.

As soon as this organization is effected, the greatest movement of this or any age will begin; carrying into effect the plan of a new civilization so fully described and taught in the TEMPLE.

Will YOU do your part?

In order to become a REGENT, it is necessary to send in a copy of the following form:

THE REGENT'S PLEDGE.

"To Ralston Health Club: Hopewell, New Jersey. I own a copy of the 115th edition of Life Building, and my Club Number is I have decided to become a Regent; and select one of the following methods whereby to obtain twenty-five recruits:

"I either enclose fifty dollars for twenty-five copies of Life Building to be sold to prospective members at a profit not to exceed fifty cents per copy.

"Or I will obtain new recruits, one at a time, by the use of Invitations which I will either give or send to other persons; for which purpose I request that you send me, free of all cost, *Invitations.*

"My name and full address are as follows:

....."

IMPORTANT NOTICE:—

To Candidates for Grand-Regents: Any man or woman of wealth and influence who will organize a following of one hundred REGENTS will be made a co-ruler of The Ralston Health Club for life; and be known as GRAND-REGENT. Will such Candidates kindly communicate with the Ralston Health Club, Hope-well, New Jersey.

*To REGENTS:—*Any person who becomes a REGENT will come under our constant care and protection for life; and will receive many HONORS and advantages. Rewards and values will be conferred, beginning with INNER MEMBERSHIP; and will be followed by admission to the REGENTS' TEMPLE, including the great TOME of a thousand marvels.

OUR ADVICE TO REGENTS.

A REGENT stands closest to us of all persons in the world.

For this reason we advise every person who intends to become a REGENT to rise as soon as possible to the twenty-fifth Regent-Degree; which thus establishes the Regency. This can be done by the purchase and re-sale of twenty-five copies of Life Building as stated; or by the use of Invitations without the purchase of any books after the copy owned by the REGENT.

In attaining these twenty-five Degrees, we advise the REGENT to re-sell the books without profit; that is, at the wholesale price of two dollars each. This is an act of generosity and even of philanthropy, as after events will prove.

INNER MEMBERSHIP

A SYSTEM INTENDED SOLELY FOR TWENTY-FIFTH DEGREE REGENTS

PREPARING MEMBERS TO ENTER THE GREAT TEMPLE.

As we have said, Regents are closest to us of all persons in the world. They alone are admitted free to the GREAT TEMPLE; for they are most entitled to its supreme benefits and advantages. The preparatory course for entering the Temple is known as INNER MEMBERSHIP. It includes:

1. The most vital TRUTHS that can be told only in private.

2. The new application of YOUTHFUL VIGOR, enhancing the health and faculties of every person in every stage of life, no matter how advanced. This system alone has a value beyond all money price.

3. "THE QUICK AID."—To be learned by special knowledge, and to be used in times of great need, when life hangs in the balance. It is worth to you as much as the life of a loved one is worth. Never give up when death threatens; make the fight; the chances are that you will win.

4. "RALSTON REGIME."—All enthusiastic Ralstonites desire some daily method of living, so as to get the best out of life. We have prepared the method, and have given it a full test. It is most exhilarating, fascinating and inspiring. When night comes, a solid satisfaction, an exuberant spirit of contentment fills the heart and mind. Its purpose is to bring the life of the REGIMIST into full harmony with the conditions of existence that will be made necessary by the COMING GREAT CHANGE in civilization.

5. There are other wonderful things in INNER MEMBERSHIP to be made known when the pages of the book are open before you.

It is not SECRET; but it is PERSONAL and PRIVATE.

It makes you ready to enter the REGENTS' TEMPLE.

It makes you fit in every way; mentally and physically; for the part you are to play in the COMING CHANGE that now is close at hand in the world's history; as shown and fully explained in the great TOME of the Temple, of which it is a part.

It is wholly free to every REGENT.

(ADVERTISEMENT)

GOAL OF CREATION

EDMUND SHAFTESBURY'S LATEST AND
GREATEST WORK

(In fulfillment of our promise to keep our patrons informed of the appearance of the new works of Shaftesbury, this notice is inserted here.)

The "GOAL OF CREATION" is a Constructive Course in Human Progress.

It is the most important course of reading and study in the famous group of twenty-five dollar courses prepared by Shaftesbury.

It is the highest educational system in the world, and is written in plain, simple, fascinating, delightful style that holds the interest no matter how many times you re-read it.

THIS TOME OF A THOUSAND VALUES, with the most important theme in all human history, has a depth so profound, a breadth so far reaching, and a height so dazzling that its power and influence are limitless.

"THE GOAL OF CREATION" solves the problems of existence.

It occupies the unique position in the world of being the only work that serves the times aright. This is a big promise; but those who have been students of the Shaftesbury systems know full well that this great teacher has never made a promise that he has not fulfilled in more than perfect measure. The GIANT TOME speaks for itself.

It is a great volume, bound in the best cloth, heavily re-inforced for constant use, and printed on splendid paper; making it a beautiful addition to the library. It may be used for READING alone, if you prefer; or for STUDY; or for TRAINING if you desire. You will never grow tired of re-reading it.

Included in the same volume is the "TEMPLE OF GREAT ACHIEVEMENTS," described on the next page.

It is one of the high-valued Shaftesbury educational systems varying in price from twenty-five to one hundred dollars.

FREE to REGENTS of the Twenty-fifth Degree.

HOW TO ENTER THE Temple of Great Achievements

“THE LOFTIEST AND MOST EXALTED
ORGANIZATION ON EARTH TODAY”

Letters: T. O. G. A.

Word: TOGA.

Uniform: *Toga*.

Ultimate Achievement: The GOAL OF CREATION.

Stepping Stone: *A New Civilization*.

Who may be admitted to the TEMPLE?

Every man and woman,—

Who does not wish to live in vain,

Who is tired of an aimless existence,

Who wishes to do something worth while,

Who seeks to make the world better for having lived in it.

The SADDEST thing in human life is its aimlessness.

It is a vicious circle of duties, of daily routine, of grinding to get the means of existence, of the emptiness of success when it comes, of the insubstantial reward for extraordinary exertions, and of the disappointments and regrets of advanced years, with suffering, losses and misery crowning the best toil of a weary lifetime.

Some people seek solace in charity which is commendable; but nothing is comforting unless you have made the world genuinely better for having lived in it. Being born in the world, being created out of the dust of the earth, being in fact a part of the crust of this globe, you cannot abandon your responsibility and debt to it; a debt that, sooner or later, you must pay in full; you cannot shut your eyes to its imperfections and its needs. No moral or ethical question is involved in the processes of Nature. Civilization itself is on trial. The whole world is passing through a convulsion; just as an invalid, felled by a severe malady, writhes in agony. The great war was only the beginning.

Nations, nature, people, the earth itself, are at this moment on the threshold of a mighty upheaval.

It is a time when every great soul must be enlisted in the army of Great Achievements; for these alone can save humanity; and great souls are found in the bodies of the humble and lowly as well as in those of the high and proud.

If you do not wish to live in vain,

If you are tired of an aimless existence,

If you wish to accomplish something grand and splendid in life,

You will find no opportunity that is practical, and thorough, that can equal your participation in the

Temple of Great Achievements

"The Loftiest and Most Exalted Organization on Earth Today."

HOW TO ENTER THE TEMPLE

FIRST:—Use and adopt the following Club Number:

THE CLUB NUMBER IS

.....

SECOND:—When you ratify the Constitution, which is found a few pages prior to this, sign same in ink.

THIRD:—Fill out such portions as you wish to use of the FORM PAGE which follows herewith, and carefully remove same, and mail as directed. Erase the part that you do not desire to use.

FOURTH:—On reaching the Twenty-fifth Degree, you will be admitted to the TEMPLE. The use of the word "Toga" is merely to bring TEMPLE Members together by means of recognition. Vast benefits and advantages may arise from new acquaintances and friendships. The letters, T. O. G. A. are merely noted in correspondence at the upper corner of the letter page, or on cards, or in any way you wish. The uniform is reserved for the future period when the Great Achievements shall have been accomplished; the happy era of a new civilization.

FIFTH:—In order to present the three great systems in the most useful form, they are bound together in one magnificent volume, in richest covers of the best cloth, and made substantial for many years of service.

THE FORM PAGE

PREPARED FOR THE CONVENIENCE OF MEMBERS
WHO WISH TO BECOME REGENTS

DO NOT REMOVE THIS FORM-PAGE UNTIL YOU
DECIDE TO BECOME A REGENT

To RALSTON HEALTH CLUB,
Hopewell, Mercer County, New Jersey.

I possess for my exclusive use a copy of the 115th edition of
the book of Life Building, and my Club Number therein is

FIRST CHOICE.

I wish to become a REGENT without delay; and hereby send
fifty dollars for twenty-five copies of the book of LIFE BUILD-
ING; which copies I agree to sell either at cost, or at a profit not
to exceed fifty cents per copy; or else to present them to persons
who are likely to appreciate them; and, when delivered, I will
send you the names and full addresses of all owners of them. As
soon as I have done this, I wish to receive the new INNER MEM-
BERSHIP, the GOAL of CREATION, and the TEMPLE of
GREAT ACHIEVEMENTS, all bound together in one large
volume; and I desire to be raised to the rank of a Twenty-fifth
Degree Regent.

SECOND CHOICE.

I wish to become a REGENT by the use of Invitations, and
desire at least twenty-five Invitations at this time. I will use
them carefully and judiciously.

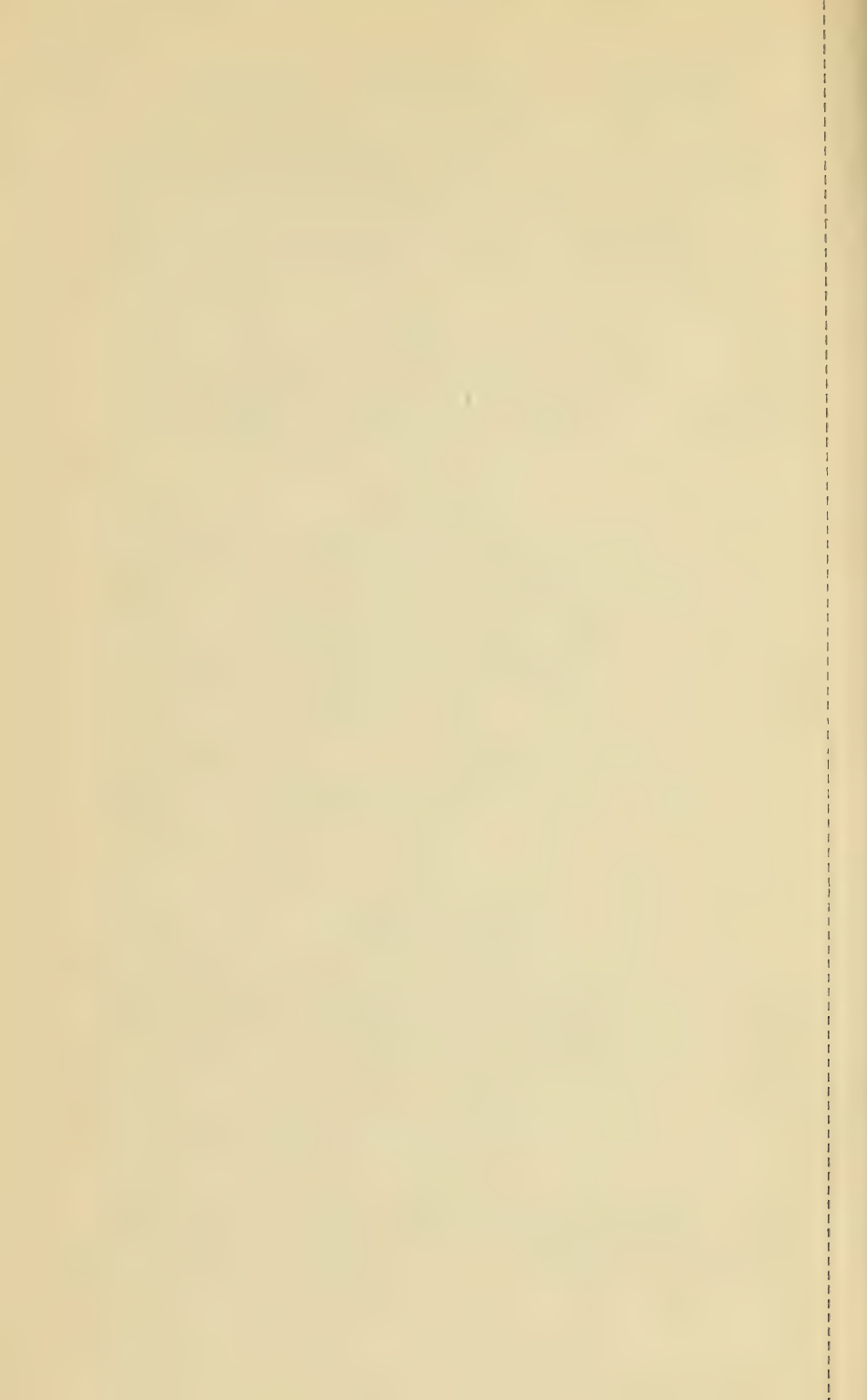
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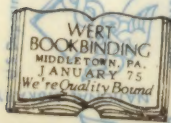
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